

January 16, 2019

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FOODSHARE

it's more than just a box of food.

Quick-Roasted Tomatoes



Ingredients

- Roma tomatoes, sliced in half lengthwise
- Olive oil
- 2 Tablespoons rosemary, basil or thyme
- Sea salt
- Pepper
- 1-2 heads of garlic, unpeeled (optional)

Instructions

Heat oven to 425 degrees. Rub olive oil on bottom of roasting pan. Toss tomatoes with a generous splash of olive oil and sprinkle with herbs, salt and pepper. Turn tomato halves so they are all cut-side up in pan. Cook 30-45 minutes, checking every 15 minutes to insure they don't burn. If you want to add roasted garlic, place whole head of garlic in foil and roast 30-45 minutes then squeeze from peel.

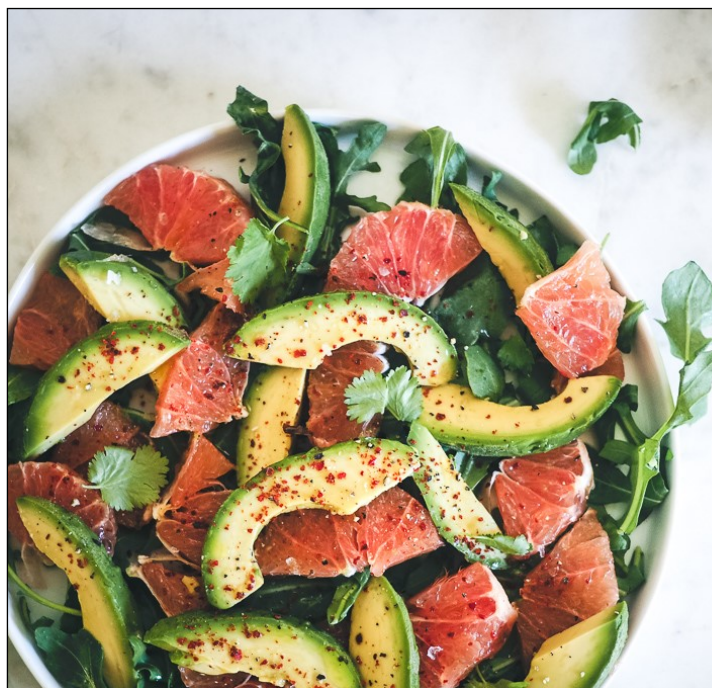
Adapted from feastingathome.com

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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Avocado Grapefruit & Spinach Salad



Ingredients

- 2 cups spinach
- 1 avocado, sliced (make sure avocado is not hard)
- 1 grapefruit, sliced
- half lime, juiced
- drizzle Extra Virgin olive oil
- ground pepper
- 1/2 teaspoon red pepper flakes
- handful cilantro, roughly chopped

Instructions

- Add spinach to a serving dish. Arrange avocado and grapefruit slices on top of the spinach.
- Pour the lime juice over the salad. Drizzle with olive oil (you only need a little). Add freshly cracked pepper, a dash of salt, and pepper flakes. Top with cilantro.
- The salad is best enjoyed right away, but can be stored in the fridge for about an hour if you must, as the lime juice will preserve the avocado a bit.

Adapted from fillmorekitchen.com

Spicy Simmered Eggs with Kale



This simple, rustic dish is both healthy and hearty. A finishing garnish of red pepper flakes adds the perfect amount of contrasting heat.

Ingredients

- 2 Tablespoons butter
- 4 green onions, white and light green portions, chopped
- 2 garlic cloves, minced
- 2 bunches kale, tough stems removed, leaves roughly chopped
- 1 cup low-sodium chicken or vegetable broth
- 1/2 teaspoon salt to taste
- 1/4 teaspoon freshly ground black pepper
- Zest and juice of 1 lemon
- 4 eggs
- Red pepper flakes, to taste

Instructions

- In a large fry pan over medium-high heat, melt butter.
- Add green onions and garlic. Cook, stirring, until fragrant, about 1 minute.
- Add half of the kale and sauté, stirring frequently until it begins to wilt, about 2 minutes. Stir in remaining kale and repeat.
- Add broth, the 1/2 teaspoon salt and the 1/4 teaspoon pepper. Stir in lemon zest and juice. Simmer, stirring occasionally, until the kale softens, about 6 minutes.
- Using the back of a spoon, create a pocket for each egg in the kale. Crack 1 egg into each pocket.
- Reduce heat to medium-low and season eggs with salt and black pepper.
- Cover pan and let eggs cook, 4 to 5 minutes.
- Turn off the heat and let the eggs rest, covered, until done to your taste.
- Sprinkle with red pepper flakes and serve immediately.

Adapted from williams-sonoma.com

Ground Turkey & Peppers



Ingredients

- Extra virgin olive oil
- 1 cup chopped yellow onion
- 1 bell pepper (chopped)
- 2 cloves garlic, minced
- Kosher salt
- 1 pound ground turkey
- 1 teaspoon chipotle powder or chili powder (or to taste)
- 2 Tablespoons chopped fresh parsley or cilantro

Instructions

- Heat 2 Tablespoons olive oil in a large skillet on medium high heat. Add the chopped onions and bell pepper and cook until onions and peppers are softened, a couple minutes.
- Add the garlic and cook 30 seconds more.
- Remove vegetables from the pan and set aside.
- Add one or two more tablespoons of oil to coat the pan. Put crumpled chunks of ground turkey in the pan, sprinkle with salt and chipotle or chili powder.
- Cook the turkey without stirring until it is browned on one side, then turn the pieces over to brown the other side.
- Once the turkey is just cooked through, stir in the onions and peppers, and sprinkle with more salt and chili powder to taste. Remove from heat.
- Stir in fresh chopped parsley or cilantro.
- Serve alone, or with brown rice or whole wheat pasta.

Adapted from simplyrecipes.com

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!

