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EST.



2015

January 28, 2020

# FOODSHARE

\* GOOD HEALTHY RECIPES FOR ALL \*

## Brown Rice, Black Bean and Sweet Potato Bowl



## Ingredients

- 1 cup long-grain brown rice
- 1 (12-ounce can) black beans, rinsed and drained
- 1/4 cup extra virgin olive oil, divided
- 1/4 teaspoon cumin
- 1/8 teaspoon cayenne pepper
- 1 cup chopped sweet potato
- Kosher salt, as needed
- Freshly ground black pepper, as needed
- 6 ounces turkey chorizo sausage
- 3 cups chopped hearts of romaine lettuce
- 1 medium avocado, peeled, pitted and sliced
- 1/2 cup chopped Roma tomatoes
- 2 tablespoons plain Greek yogurt (optional)
- 2 tablespoons unsalted sunflower seeds (optional)

## Instructions

- Combine 2 cups of water, rice and salt in a small saucepan. Bring to a simmer, and cook, covered, until all of the water is absorbed.
- **NOTE: Brown rice will take longer to cook than traditional white rice. It's worth the extra time, however, for the additional health benefits of brown rice over white.**
- Let the rice stand for 10 minutes and fluff with a fork.
- Preheat oven to 400°.
- Line a baking sheet with aluminum foil.
- Heat the beans in a small saucepan over medium heat.
- Stir in 2 tablespoons of the olive oil, 1 tablespoon water, cumin and cayenne and let simmer for about 5 minutes.
- Remove from heat and set aside.
- Toss the sweet potatoes in the remaining olive oil and spread in a single layer on an aluminum-foil-lined baking sheet.
- Season with salt and pepper then bake until golden brown and cooked through, about 20 minutes.
- In a small sauté pan over medium heat, add the chorizo break it into pieces.
- Cook, stirring occasionally, until cooked through and lightly browned, about 10 minutes.
- Divide the lettuce between two large bowls.
- Scoop 1/2 cup brown rice into each of the bowls then divide black beans over the top.
- Add sweet potato and chorizo to the bowls then top with guacamole, diced tomatoes, Greek yogurt and a sprinkle of sunflower seeds for crunch.

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

FEBRUARY 2020							MARCH 2020						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
						1	1	2	3	4	5	6	7
2	3	4	5	6	7	8	8	9	10	11	12	13	14
9	10	11	12	13	14	15	15	16	17	18	19	20	21
16	17	18	19	20	21	22	22	23	24	25	26	27	28
23	24	25	26	27	28	29	29	30	31				

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

## Lemon Garlic Sautéed Cabbage



### Ingredients

- 1/2 head cabbage, core removed and shredded
- 1 1/2 tablespoons extra-virgin olive oil
- 1 tablespoon garlic, minced
- Pinch crushed red pepper flakes
- 1/2 teaspoon fine sea salt or more to taste
- Half of a lemon, cut into wedges

### Instructions

- Heat the olive oil in a large skillet or Dutch oven over medium-high heat. Add the cabbage, garlic, red pepper flakes, and the salt. It might seem like too much cabbage for the pan, but as it cooks, the cabbage will wilt down.
- Cook, stirring occasionally until the cabbage is tender and some of the cabbage begins to turn a light brown; 10 to 15 minutes.
- Squeeze the juice from 2 lemon wedges over the cabbage. Taste then adjust with more salt, pepper, and lemon juice as needed.

*Adapted from [inspiredtaste.net](http://inspiredtaste.net)*

## Low Sugar Apple Crisp

### Ingredients

- 3 Fuji apples, peeled, cored and sliced 1/2-inch-thick
- 1/4 cup brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 cup rolled oats (not instant oats)
- 2 tablespoons unsalted butter, melted
- 1/2 teaspoon pure vanilla extract



### Instructions

- Preheat oven to 375°F. Layer the apple slices in a square 9-inch baking dish, in one or two layers.
- In a medium bowl, using a fork, mix together the sugar, cinnamon, oats, butter, and vanilla. Using a spatula, pour the mixture over the apples, spreading evenly.
- Bake 30 minutes, until the topping is golden and crunchy and the apples are fork-tender. Gently stir and serve immediately.

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

## Chicken Thighs With Mustard-Tangerine Sauce



### Ingredients

- 4 good-size boneless, skinless chicken thighs
- Kosher salt
- Freshly ground black pepper
- 1 1/2 tablespoons extra-virgin olive oil
- 3/4 cup fresh tangerine juice
- 3/4 cup no-salt-added chicken broth
- 1/4 cup whole-grain, spicy brown or Creole mustard
- 1 tablespoon honey
- 1 teaspoon hot pepper sauce

### Instructions

- Season the chicken lightly on both sides with the salt and pepper.
- Heat the oil in a nonstick skillet over medium-high heat. Once the oil shimmers, add the chicken; cook undisturbed for about 5 minutes until browned, then turn them over on their second sides. Cook for about 5 minutes, or until just cooked through and browned; they will sputter so using a splatter screen will be helpful here. Use tongs to transfer the chicken thighs to a plate.
- Pour the juice and broth into the pan (over medium-high heat); once the liquid starts bubbling, cook for about 5 minutes, stirring once or twice.
- Whisk in the mustard, honey and hot pepper sauce; once the mixture returns to a boil, cook for 5 to 7 minutes, to form a sauce that has thickened enough to coat the back of a spoon. You can stir once or twice to eliminate any scorching.
- Reduce the heat to medium-low, then return the chicken to the skillet; Cook for about 1 minute, or just until the thighs are heated through, turning to coat them on both sides.
- Divide the chicken among individual plates, then spoon the pan sauce over each portion. Serve hot.

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