

Food Prep is a Time Saver



Whenever you have fresh vegetables on hand, cut some up and place them in a large plastic container. You can use these in a variety of ways throughout the week.

Tips

- Keep vegetables that can be eaten raw or cooked together – celery, carrots, zucchini, etc. These will last a week or more in the fridge. To keep celery and carrots extra crisp you can store them in a separate container with water.
- Keep softer vegetables that are eaten raw together – cucumbers, radishes, peppers, etc.. Cut up cucumbers usually only last two or three days, so you don't want them turning mushy all over your carrots. This is also your go to for making great salads.

Uses

- Crudité – grab veggie sticks on your way out the door to munch on, or pair with a hard boiled egg for a complete meal on the go.
- Stir-fry – dig into your ‘can be cooked’ stash to make stir-fry super fast.
- Salads – toss on greens and you have a great salad.
- Stock – having carrots and celery ready to go means you can make a quick batch of stock whenever you have some bones. The veggie stock can be used not only as a base for soups but also for cooking.

Adapted from sixtysecondswithsara.com

Homemade Strawberry Vinaigrette Dressing

Ingredients

- 8 oz. fresh strawberries
- 2 tablespoons honey
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1 tablespoon poppy seeds (optional)

Instructions

- Put the strawberries, honey, salt and pepper in a blender and blend until smooth. While blending, gradually add the vinegar and olive oil in a steady stream. Process until thickened.
 - Store covered in the refrigerator. The ingredients can separate while it sits, so you can store it in a salad dressing shaker or a jar with a lid so it's easy to give a quick shake and serve.
 - Serve over a fresh salad with romaine lettuce or spinach leaves. Adding feta cheese gives it a nice sweet/tangy contrast!
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Adapted from blog.feelgreatin8.com

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

FEBRUARY 2018						
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MARCH 2018						
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Crash Hot Potatoes



Ingredients

- Red potatoes
- Olive oil
- Kosher salt
- Black pepper
- Rosemary (or other herbs of choice)
- Parmesan, finely grated

Instructions

- Bring a pot of salted water to a boil. Add in as many potatoes as you wish to make and cook them until they are fork-tender.
- Drizzle a sheet pan with olive oil. Place tender potatoes on the sheet pan, leaving plenty of room between each potato.
- With a potato masher (or a really big fork), gently press down each potato until it slightly mashes, then push the excess out of the masher back on top of the potatoes. Rotate the potato masher 90 degrees and mash again, pushing out the excess. Drizzle the tops of each crushed potato generously with more olive oil.
- Sprinkle potatoes with kosher salt, fresh ground black pepper and fresh chopped rosemary (or chives or thyme or whatever herb you have available.) Add grated Parmesan.
- Bake in a 450 degree oven for 20-25 minutes until golden brown and sizzling.

Adapted from thepioneerwoman.com

Quick & Easy Smoothie

Ingredients

- 2 cups fresh spinach
- 1 banana
- Juice of 2 oranges
- 2 ice cubes

Instructions

Clean spinach. Peel and slice banana. Cut oranges in halves, squeeze into juicer and pour into a blender. Add spinach and bananas. Add ice cubes and blend until smooth. Drink it like the rock star you are. Quick. Easy. Nutritious.



Cauliflower Cheddar Cakes



Ingredients

- 1 head of cauliflower
- 2 cups of grated cheddar cheese
- 2 eggs
- 1 tsp freshly chopped thyme (optional)
- Salt and pepper

Instructions

- Preheat oven to 400 degrees.
- Clean and chop cauliflower into florets. Add cauliflower to a food processor and process until finely chopped to the texture of coarse salt or rice. Continue processing in batches until all the cauliflower is finely chopped.
- Place the cauliflower into a microwave-safe bowl and microwave for 2 minutes. (This step helps the cauliflower release its water.)
- Using a kitchen towel, place the heated cauliflower in the center of the towel and squeeze as much water out as you can. Take time to continue squeezing for a couple minutes to remove as much water as possible. Place the squeezed cauliflower in a separate bowl. Continue squeezing in batches until all the water has been removed from the cauliflower.
- Measure out two cups of dried cauliflower and add the two cups of cheese, two eggs, thyme and salt and pepper to a bowl and mix until combined. (Any leftover cauliflower can be eaten in soups, or add a little butter for cauliflower mashed potatoes.)
- Prepare 12 muffin tins by spraying non-stick cooking spray in each well. Add the cauliflower mixture to each muffin well until it is 3/4 of the way full. Adjust so all wells are even. Use the back of a spoon to pack the cauliflower mixture down into the wells.
- Drizzle a sheet pan with olive oil. Place tender potatoes on the sheet pan, leaving plenty of room between each potato.
- Bake at 400 degrees for 35 to 40 minutes, until the tops are golden brown and the sides have released from the pan. Let stand for 2-3 minutes and then remove.
- The cauliflower cheddar cakes are best eaten fresh, but can be reheated within a day of originally making them. To reheat the cauliflower cheddar cakes, place them on a baking sheet in a 375 degree oven for 10-15 minutes, until heated through.

Adapted from poshinprogress.com