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# FOODSHARE

\* GOOD HEALTHY RECIPES FOR ALL \*

## Brown Sugar Roasted Rutabaga



## Let's Talk About Rutabagas

Roasted rutabagas, like turnips, are a delicious alternative to starchy root vegetables and have lots of flavor. You can roast them whole or, in this easy recipe, cut them into cubes and roast them with a little olive oil and seasonings!

Rutabagas are also called swedes and they are a cross between a turnip and a cabbage, even the leaves are edible. This veggie is often confused with a turnip but they're usually bigger and have a yellow-ish skin.

The taste is very similar to a turnip but a little bit stronger and you could replace turnips in almost any recipe with rutabaga. It can be enjoyed either raw (they're great added to coleslaw) or cooked as in this recipe.

## Ingredients

- 3 pounds rutabaga
- 1 Tablespoon olive oil
- 1/2 teaspoon thyme
- salt & pepper to taste
- 1 Tablespoon butter
- 2 Tablespoons brown sugar

## Instructions

- Preheat oven to 425°F.
- Peel rutabaga and cut into 1" cubes. Toss with olive oil, thyme, salt & pepper.
- Spread onto a large roasting pan and roast 45-55 minutes or until tender and golden.
- Remove pan from the oven, add butter and brown sugar to the pan, stir until the rutabaga is coated. Return to the oven for 5 minutes.
- Serve warm.

## Recipe Notes

- If you prefer a more savory side, skip the brown sugar.
- Broil for 2-3 minutes at the end of cooking if desired.

**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
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2	3	4	5	6	7	8	8	9	10	11	12	13	14
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*Adapted from [spendwithpennies.com](http://spendwithpennies.com)*

## Roasted Eggplant & Tomatoes



### Ingredients

- 1 globe eggplant, cut into 1-inch cubes (**Not any smaller or the cook time will turn them to mush!**)
- 4 Tablespoons extra-virgin olive oil, divided
- Salt and pepper
- 8 dashes hot sauce
- 1 pint cherry tomatoes
- 2 tablespoons chopped fresh parsley

### Instructions

- Preheat oven to 400°F. Lightly coat a baking sheet with nonstick cooking spray.
- Spread eggplant cubes on the baking sheet and drizzle with 3 tablespoons of oil, the hot sauce, and a sprinkle of salt and pepper; toss to coat.
- Bake in the oven for 10 minutes.
- Toss cherry tomatoes with the last tablespoon of oil and a sprinkle of salt and pepper and place on a second baking sheet.
- Remove eggplant from oven, stir with a spatula and place back in the oven with the baking sheet of tomatoes for 15 minutes.
- Remove eggplant and tomatoes from the oven and gently combine the two, tossing with the parsley.

*Adapted from bellyfull.net*

## Mushroom & Green Onion Stir Fry



### Ingredients

- 2 tablespoons extra-virgin olive oil
- 1/2 medium onion, sliced
- 2 cloves garlic, minced or crushed
- 1 package mushrooms, sliced
- 5 to 6 green onions, sliced into 1-inch pieces
- 2 teaspoons low-sodium soy sauce
- 1/2 teaspoon sesame seed oil or olive oil
- 1/2 teaspoon crushed red pepper flakes
- Kosher or sea salt, to taste
- Fresh cracked black pepper, to taste
- 2 Tablespoons brown sugar

### Instructions

- Heat a large skillet over medium-high heat. Add the oil and then stir in the onions. Cook for about 2 minutes or until the onions are soft.
- Add the garlic, mushrooms and green onions and stir occasionally until the mushrooms are lightly browned and tender, 3 to 5 minutes.
- Stir in the soy sauce, sesame seed oil and crushed red pepper flakes.
- Cook until heated through.
- Season with salt and pepper if desired.

*Adapted from foodandwine.com*

## Chicken with Oranges & Wilted Spinach

### Ingredients

- 1 14.5- ounce can unsalted diced tomatoes, drained
- 1 cup apple cider vinegar
- 3 cloves garlic, minced
- 1 teaspoon paprika
- 1/4 teaspoon red pepper flakes
- 2 bay leaves
- 8 skinless, boneless chicken thighs
- 3 Tablespoons extra-virgin olive oil, divided
- 1/4 cup coarsely chopped yellow or green onion
- 1 bag spinach
- 1 large orange or grapefruit, peeled and sectioned.



### Instructions

- **Prepare the sauce:** In a large skillet, stir together tomatoes, vinegar, garlic, paprika, pepper flakes and bay leaves. Add chicken, covering with sauce; bring to a boil. Reduce heat, cover and simmer 8 minutes. Remove chicken and pat dry with paper towels; set aside. Increase heat to medium-high; cook 10 minutes or until the sauce is slightly reduced.
- Meanwhile, in a second large skillet, heat 2 tablespoons oil on medium. Carefully add chicken and onion. Cook until an instant-read thermometer inserted into chicken reads 165°F, turning chicken once and stirring onion as needed to avoid burning. Remove chicken and onion; cover to keep warm. Add remaining 1 tablespoons oil to same skillet. Add spinach; cook just until wilted. Stir in orange sections.
- Remove bay leaves from sauce and discard. Divide spinach among plates; add chicken and onion. Spoon sauce over chicken.

*Adapted from cleaneatingmag.com*