

February 13, 2019

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FOODSHARE

it's more than just a box of food.

Honey Garlic Brussels Sprouts



Ingredients

- 2 pounds of fresh Brussels sprouts
- 1 Tablespoon olive oil
- 2 Tablespoons honey
- 1/2 teaspoon kosher salt
- 3/4 teaspoon garlic powder

Instructions

- Heat oven to 425 degrees. Spray a 12x18 cookie sheet very lightly with cooking spray.
- Clean the Brussel sprouts by cutting the knob off the end and taking off the outer layer of skin. Cut each sprout in half. If it's really small you can just leave whole.
- Add the cleaned and trimmed Brussel sprouts to the cookie sheet. Drizzle the olive oil and honey over it, and sprinkle the salt and garlic powder. Using your hands, stir everything together making sure the Brussels are coated.
- Spread the Brussel sprouts evenly over the cookie sheet making sure that they are not overlapping or touching.
- Cook for 20-25 minutes or to desired doneness. Serve immediately.

Adapted from togetherasfamily.com

World's Best Roasted Red Potatoes



Ingredients

- 1 1/2 pounds red potatoes, quartered
- 2 tablespoons olive oil
- 2 tablespoons coarsely chopped fresh rosemary
- Coarse salt and freshly ground pepper

Instructions

- Preheat oven to 425 degrees.
- Toss potatoes, oil, and rosemary on a rimmed baking sheet. Spread out potatoes in a single layer; season with salt and pepper. Roast, stirring once halfway through cooking, until potatoes are golden brown and crisp outside and tender inside, about 30 minutes.
- Notes: If you prefer, use fresh thyme instead of the rosemary. Any leftover potatoes can be mashed the next day (the crisp pieces add unexpected crunch), or tossed with low-fat mayonnaise or dressing to make potato salad.

Adapted from marthastewart.com

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

FEBRUARY 2019						
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MARCH 2019						
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How to Roast Red Peppers



Ingredients

- Red bell peppers
- 1 Clove Garlic (optional)
- 1 Tablespoon extra virgin olive oil

Instructions

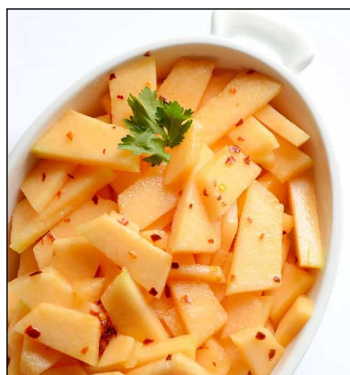
- Preheat oven to 450 degrees.
- Wash and core peppers removing stem and seeds and Slice into long strips.
- Add peppers to baking sheet lined with parchment paper. Add Garlic whole. Drizzle olive oil over peppers.
- Bake 20 minutes until peppers have a slight charred look.
- Add them to your salads or wraps or use as a side dish to a meal.

Adapted from tastefulventure.com

Chili Lime Cantaloupe

Ingredients

- 1/2 medium cantaloupe
- Juice of 1/2 lime
- 1/2 Tablespoon honey
- 1/8 teaspoon salt
- 1/8 teaspoon crushed red pepper



Instructions

- Cut the cantaloupe in half and scrape out the seeds with a spoon. Reserve half of the cantaloupe for breakfast or other meals. Take the remaining half and cut it into quarters. Using a sharp knife, carefully run the knife between the flesh and the rind. Once the rind is removed, slice the melon into thin pieces.
- In a small bowl, combine the juice of half a lime, honey, salt, and crushed red pepper. Stir until the honey is dissolved.
- Pour the dressing over the sliced cantaloupe and toss to coat the melon in the dressing. Serve immediately, or chill until ready to eat. Give the melon a brief stir before serving.

Adapted from budgetbytes.com

Hot Lettuce Salad



Ingredients

- 2 heads of romaine lettuce, washed
- 3 Tablespoons olive oil
- 3 garlic cloves, peeled and smashed but not chopped
- salt and pepper to taste
- Parmesan cheese (optional)
- Crushed red pepper flakes (optional)

Instructions

- Heat oil and garlic in a heavy pan over medium heat (a Meanwhile, pull the leaves off the romaine, stack them, and cut into one inch sections.
- Once oil is hot and garlic is browning, add lettuce. You'll want to drop all the lettuce in at once, because it'll make the oil pop. If the pan is full of lettuce, it won't pop out and onto you. Sprinkle with salt and pepper and use tongs or a spatula to toss the romaine around, letting it wilt down.
- Cook for 2-3 minutes, or until lettuce has wilted a little and browned in spots. Transfer cooked romaine to a plate, sprinkle with Parmesan cheese and red pepper flakes, if desired, and serve immediately.

Adapted from winsteadwandering.com

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