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EST.

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FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

Baked Chicken Thighs with Potatoes, Peppers and Olives

Ingredients

- 1 1/2 tablespoons paprika
- 2 teaspoons garlic powder
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper, divided
- 6 skinless boneless chicken thighs (about 1 1/2 pounds)
- 2 bell peppers, cored and thinly sliced
- 1 pound of baby potatoes, cut into 1/4 to 1/3-inch thick slices
- 4 large garlic cloves, roughly chopped
- 1 cup pitted olives
- 1 dry pint of tomatoes
- 1 large zucchini, halved lengthwise and cut crosswise into 1/2-inch chunks
- 3 tablespoons olive oil



Instructions

- Preheat oven to 425°F. Combine spices in small bowl: paprika, garlic powder, salt and 1/2 teaspoon of pepper.
- In large bowl, combine everything else: chicken, peppers, potatoes, garlic, olives, tomatoes, zucchini and olive oil. Sprinkle spice mix evenly over everything and toss well to fully combine.
- Transfer mixture to large baking pan and spread out chicken and vegetables as much as possible. Sprinkle chicken pieces with remaining 1/2 teaspoon of pepper and a few pinches of salt.
- Bake for 20 minutes. Toss potatoes and vegetables. Turn chicken over to moisten with the juices in the bottom of pan. Close oven and continue to cook 10-20 minutes longer, or until the chicken is tender and cooked through and the vegetables are tender.



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

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

Adapted from panningtheglobe.com

One Pot Chicken Broccoli Rice



Ingredients

- 1 package boneless chicken thighs
- 1 large head Broccoli
- 2 Garlic cloves
- 1 Onion
- 1 Parsley
- 1 teaspoon Thyme, dried
- 2 cups Chicken broth
- 1 1/4 cups white rice
- 2 1/2 Tablespoons flour
- Salt and pepper
- 1 Tablespoon olive oil
- 2 Tablespoons unsalted butter
- 2 cups milk
- 2 cups Mozzarella or cheddar cheese

Instructions

- Melt butter and heat oil in a pot over high heat. Add onion and garlic, cook for 1 minute. Add chicken and cook until it changes from pink to white.
- Turn stove to medium. Add flour and stir for 1 minute.
- Add half the milk, stirring as you go, and once incorporated into the flour add the rest of the milk and stir.
- Add broth, rice, thyme and a just pinch of salt and pepper.
- Stir, bring to simmer, then cover. Turn down to medium low and cook for 12 minutes.
- Remove lid – there should still be liquid on the surface. Working quickly, add broccoli, push down so it's partly submerged, cover and cook for a further 3 minutes until broccoli is just cooked.
- Preheat grill/broiler. Remove lid and stir through half the cheese – don't worry if it looks a bit too saucy. Smooth surface, top with remaining cheese..

Adapted from recipetimeats.com

Easy Lettuce Taco Wraps

Ingredients

- 1 pound lean ground beef
- 1 (1 ounce) package low-sodium Taco Seasoning mix
- 2/3 cup water
- Butter lettuce leaves
- Toppings: shredded cheddar cheese, tomato, onion, avocado, and low-fat sour cream or plain yogurt



Instructions

- In a large skillet, brown beef until no longer pink. Drain. Add the taco seasoning and water. Cook until liquid is absorbed.
- Spoon the meat into lettuce leaves and top with desired toppings. Fold up and eat.

Adapted from the-girl-who-ate-everything.com

Strawberry Banana Baked Oatmeal

Ingredients

- 2 cups rolled old-fashioned oats
- 2 tablespoons maple syrup
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon sea salt
- 2 cups milk
- 1 large egg
- 2 Tablespoons oil, melted
- 2 teaspoons pure vanilla extract
- 2 ripe bananas (1 mashed and 1 sliced)
- 1 1/2 cups fresh quartered strawberries (divided)
- 1/4 cup chocolate chips (divided) optional
- Cooking spray
- Additional strawberries, bananas and milk for serving



Instructions

- Preheat the oven to 375°F.
- Spray an 8-inch square baking dish with cooking spray. In a large bowl, mix together the oats, baking powder, cinnamon and salt. Add in milk, maple syrup, egg, oil, vanilla and mashed banana. Stir well to combine.
- Gently fold in 1 cup strawberries, 1/2 of your banana slices and 1/8 cup of chocolate chips.
- Carefully pour oatmeal mixture into the prepared baking dish.
- Scatter the remaining strawberries, banana slices and chocolate chips on top.
- Bake for 50-60 minutes or until the middle of the bake is set (it might still be slightly wet from the strawberries but that's okay). The top/edges will be golden. Remove from the oven and let cool for a few minutes. This will allow the baked oatmeal to set a bit more. Portion and serve. Top with additional fresh strawberries, banana and a splash of milk..

Adapted from eatingbirdfood.com