

February 27, 2019

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2015

# FOODSHARE

it's more than just a box of food.

## Collard Greens Pesto



*This Southern twist on an Italian classic is great on pasta or salads. You can serve it with spaghetti squash instead of traditional pasta to keep the carbs low.*

### Ingredients

- 3 Cups Stemmed and chopped collard greens
- 1/3 Cup Pecans
- 1 or 2 Cloves Garlic
- 3/4 Cup, divided Olive Oil
- 1/2 Cup Parmesan Cheese
- 1 Lemon, zested and juiced
- 1/4 teaspoon Black Pepper

### Instructions

- In a blender or food processor, combine the pecans, garlic, 1/4 cup of the oil, the cheese, lemon zest, and lemon juice and blend until combined.
- Add the collard greens a handful at a time and blend to combine.
- Slowly pour the remaining 1/2 cup of olive oil while the blender is running at a low speed, until the pesto reaches desired consistency.
- Add the pepper and blend one final time for a few seconds.
- Serve immediately. Store leftovers in an airtight container; pour a thin layer of olive oil on top of the pesto to prevent discoloration. Refrigerate for up to 1 week or freeze for up to 6 months.

*A FoodShare Kitchen Original Recipe*

## Tomato & Green Onion Salad



### Ingredients

- 1 container of cherry tomatoes, halved or quartered
- 1 bunch of green onions, finely chopped
- 1/2 bunch of cilantro, finely chopped
- 1 jalapeno, finely chopped
- Lemon
- olive oil
- Kosher salt and coarse ground pepper

### Instructions

- Put tomatoes, onions, cilantro and jalapeno in bowl and toss with lemon, olive oil, salt and pepper.

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

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

MARCH 2019						
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APRIL 2019						
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## Lettuce Have A Smoothie!



*That's right...we said lettuce!*

### Ingredients

- 1 cup water
- 1- 2 cups lettuce or spinach
- 1/3 cup chopped fresh pineapple
- 1/2 Tablespoon fresh ginger, peeled and chopped
- 1/2 banana
- 1 cup ice

### Instructions

Combine all of the ingredients in a blender and blend until smooth.

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

## Garlic Parmesan Green Beans



### Ingredients

- 1 pound fresh green beans, stems removed
- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon sea salt
- 1/8 teaspoon ground black pepper
- 1 Tablespoon parmesan cheese, grated

### Instructions

- Heat olive oil over medium-high heat in a large skillet.
- Add garlic and cook 1 minute, stirring frequently.
- Add the green beans, sea salt, and black pepper, and toss to coat green beans evenly. Continue to sauté for approx. 5-6 minutes.
- Remove from heat and sprinkle grated parmesan. Toss once again until parmesan is melted.

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

## 15-Minute Orange Chili Chicken & Broccoli



### Ingredients

#### Orange Chili Sauce

- Juice of 2 tangerines
- 2 -3 tablespoons Sriracha sauce
- 1/4 cup low-sodium soy sauce
- 3 Tablespoons brown sugar
- 2 Tablespoons toasted sesame oil (or olive oil)
- 1 teaspoon freshly ground black pepper, or to taste
- 2 teaspoons cold water
- 1 Tablespoon rice vinegar (apple cider vinegar may be substituted)

#### Chicken and Broccoli

- 2 Tablespoons olive oil
- 1 to 2 pounds boneless skinless chicken breast or thighs, diced into bite sized cubes
- 3 to 4 cups broccoli florets

### Instructions

#### Orange Chili Sauce

- In small saucepan, add orange juice, Sriracha sauce, soy sauce, brown sugar, sesame oil, pepper, and bring to a simmer for 2 minutes.
- Remove pan from the heat, add the vinegar, stir to combine. Set sauce aside off the heat.

#### Chicken and Broccoli

- In large skillet, add oil, chicken, season with salt and pepper, and cook over medium-high heat for 5 minutes, or until chicken is 90% cooked through.
- Push chicken to one side of the skillet and add broccoli to the other side.
- Add about half of the sauce, mostly over the chicken, and add a few tablespoons over the broccoli. Cover skillet, turn heat to medium-low, and allow the broccoli to steam for about 3 to 5 minutes.
- Add remaining sauce and serve.

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