

February 28, 2018



Paleo Sweet Potato Hash with Apples and Bacon

Ingredients

- 3 cups sweet potatoes diced
- 1 large pink lady apple or 2 smaller ones, diced
- 8 slices of nitrate-free, no sugar added bacon
- 4 large eggs
- 1/4-1/2 tsp sea salt or to taste

Instructions

- Heat a medium-large heavy skillet over med-hi heat and add the chopped bacon and stir to brown evenly.
- Once the bacon is about 3/4 of the way done (2-3 minutes), remove with slotted spoon to drain on paper towel and drain all but 2 Tbsp of the rendered bacon fat.
- Lower the heat to medium and add the sweet potatoes to the skillet and stir to coat. Sprinkle on half the sea salt then cover the skillet and allow to cook for 2-4 minutes to soften. Uncover, stir, then add the apples and then re-cover.
- Cook covered for another minute, uncover and add the bacon back to skillet. Stir and cook until the whole hash is browned (another 2 minutes or so), adjusting the heat if necessary to avoid burning, and adding more fat if needed.
- Once potatoes and apples are soft and toasty, remove from heat and create grooves in the hash for the egg or eggs.
- Carefully crack each egg into a groove, sprinkle with a bit more salt, then recover the skillet and cook over very low heat (to avoid burning the bottom) for 2-5 minutes or until eggs are cooked to preference.
- Remove from oven and serve with fresh herbs if desired or over greens. Enjoy!



Adapted from paleorunningmommacom

Garlic Rubbed Cabbage Steak

Ingredients

- 1 (approx 2lb) head of cabbage, cut into 1" thick slices
- 1 1/2 Tbsp. olive oil
- 2 to 3 large garlic cloves, smashed
- Coarse ground or kosher salt
- freshly ground black pepper
- spray olive oil OR non-stick cooking spray

Instructions

- Preheat oven to 400F and spray a baking sheet with non-stick cooking spray. Pull outer leaf off cabbage, cut cabbage from top to bottom (bottom being root) into 1" thick slices.
- Rub both sides of cabbage with smashed garlic.
- Use a pastry brush to evenly spread the olive oil over both sides of the cabbage slices.
- Finally, sprinkle each side with a bit of kosher salt and freshly cracked black pepper.
- Roast on the middle rack for 30 minutes. Carefully flip the cabbage steaks and roast for an additional 30 minutes until edges are brown and crispy. Serve hot and Enjoy!



Adapted from everydaymaven.com

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

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Broccoli Parmesan “Meatballs”



Ingredients

- 1/2 cup raw almonds
- 1 large head broccoli, cut into florets and steamed (about 2 cups)
- 1/2 cup shredded Parmesan cheese
- 2 cloves garlic, minced
- Salt and pepper to taste
- 1 egg, lightly beaten
- Olive oil mister or cooking spray

Instructions

- Preheat oven to 350°F.
- Place the almonds in a food processor. Process until they're coarsely ground. Transfer ground almonds to a medium bowl.
- Place the broccoli florets in the food processor and pulse until chopped. Add the chopped broccoli, cheese, and garlic to the almonds and season with salt and pepper to taste. Stir in the egg.
- Spray a mini-muffin tin with olive oil or cooking spray. Form the broccoli mixture into 12 balls, squeezing them a little to make sure they hold their shape, and place each one in its own cup in the muffin tin. Bake until meatballs are golden on the outside and heated through, about 20 minutes. Remove tin from oven and run a butter knife along the edges of each muffin cup to loosen meatballs before gently popping them out.

- These meatballs are a great addition to any pasta or you can use them to make vegetarian meatball subs. Just put them on a whole-wheat sub roll and top with chunky marinara sauce, some shredded low-fat cheese, and chopped basil.



Adapted from ohmyveggies.com

Roasted Squash Fans with Roma Tomatoes



Ingredients

- Yellow squash
- 3-4 Roma tomatoes
- 1/2 cup chopped fresh basil or 1/4 cup basil in squeeze tube
- 1/4 cup oregano in squeeze tube
- 8 oz. pico de gallo
- Salt, black pepper
- 1/2 cup olive oil
- 1 Tbsp. minced garlic
- Italian dressing

Instructions

- Preheat oven to 350-400.
- Cut each squash lengthwise into 1/4-inch slices, cutting to within 1 inch of the stem end. Do not cut all the way through the stem then spread out the slices. It should look like a fan.
- Cut tomatoes into thin slices.
- Combine the basil, oregano, salt, pepper, olive oil, pico de gallo and garlic in large bowl. Stir until blended.
- Add squash and tomato, tossing gently to coat. Let stand 1 hour or more. If you do not have enough marinade to cover the squash, just add some bottled Italian dressing.
- Remove vegetables from marinade, reserving the marinade.
- Insert tomato slices between squash slices.
- Place on baking sheet or baking dish.
- Pour half of the marinade over the squash and tomatoes and cover with foil.
- Cook about 5 minutes, remove foil, baste and flip and baste and continue to cook until tender.

Adapted from geauxaskalice.com



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