

2015



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

MARCH 2019						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL 2019						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Turkey Mushroom Meatballs



Ingredients

- 1 pound fresh green beans, stems removed
- 6 ounces Mushroom, chopped in blender
- 2 teaspoons Olive Oil
- 1/2 Large Yellow Onion, dice small
- 2 cloves Garlic, minced
- 1 Large Egg, beaten
- 1/3 cup Breadcrumbs, whole wheat
- 2 teaspoons Tomato Paste
- 2 tablespoons Parsley, dried
- 1/3 cup Parmesan Cheese
- 1/2 teaspoon Salt
- 1/4 teaspoon Black Pepper, ground
- 1/2 teaspoon Basil, dried
- 10 ounces Ground Turkey
- As needed Canola or olive oil spray

Instructions

- Preheat oven to 350 F.
- In a sauté pan, heat up olive oil and sauté diced onion for about 3-4 minutes until golden brown. Stir in garlic and chopped mushrooms.
- Sauté mushrooms for about 5 minutes and let the mixture cool slightly.
- In a large bowl, mix all of the ingredients. Make sure that all of the ingredients are evenly mixed.
- Begin shaping the meat mixture into meatballs, about 1-1/2 inches thick.
- Lightly spray a sheet pan with olive or canola oil spray.
- Cook meatballs in oven for 25 minutes or until done.
- Remove the meatballs from the oven and serve.

Adapted from [culinarymedicine.org](#)

Irish Colcannon (Red Potatoes & Cabbage)



Ingredients

- 1 pound red potatoes (about 3-4 cups chopped)
- 1 Tablespoon butter
- 1/2 cup onion, chopped
- 6 cups green cabbage, thinly sliced (about 1/2 head)
- 1 cup nonfat or 1% milk
- 1 teaspoon salt
- 1/4 teaspoon pepper

Instructions

- Scrub potatoes but do not peel. Cut into quarters. Cook in boiling water or steam until tender, about 15-20 minutes.
- While potatoes cook, heat butter in a large skillet over medium high heat. Add onion and cook until it becomes clear, about 3-5 minutes.
- Add cabbage and cook, stirring occasionally, until cabbage begins to brown, about 4-6 minutes.
- Reduce heat to low. Add milk, salt and pepper. Cover and cook until cabbage is tender, about 6-8 minutes.
- Drain potatoes. Add cabbage mixture to potatoes. Mash with a potato masher or large fork to reach desired texture. Serve warm.

Adapted from [averiecooks.com](#)

Baked Apples

Ingredients

- 1 large Fuji apple
- 1 teaspoon cinnamon

Instructions

- Heat oven to 400 degrees F. Line a large baking sheet with parchment paper.
- Cut the apple in half, then cut each half into four slices, discarding the core.
- Sprinkle the apple slices with cinnamon on both sides. Arrange in a single layer on the prepared baking sheet.
- Bake 10 minutes on each side, until golden-brown and tender.



Adapted from [healthyrecipesblogs.com](#)