Plum Salad with Parmesan



Ingredients

- 2 Tablespoons red wine vinegar
- 1 Tablespoon honey
- 1/2 teaspoon cracked black pepper, plus more
- 6 ripe plums, some thinly sliced, some cut into wedges
- 1/4 cup shaved Parmesan plus more for serving
- 2 Tablespoons extra-virgin olive oil
- Kosher salt

Instructions

- Stir vinegar, honey, and 1/2 teaspoon pepper in a medium bowl until honey is dissolved. Add plums and toss until coated. Add 1/4 cup Parmesan and gently toss again just to evenly distribute throughout salad.
- Transfer to a shallow bowl. Top with more Parmesan, drizzle with oil, and season with salt and more pepper.

Adapted from bonappetit.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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Irish White Bean & Cabbage Stew



Ingredients

- 1 large onion, chopped
- 3 ribs celery, chopped
- 2 to 3 cloves garlic, minced
- 1/2 to whole head cabbage, chopped
- 4 carrots, sliced
- 1 to 1-½ pounds potatoes, cut in large dice
- 1 bay leaf (optional)
- 1 teaspoon thyme
- 1/2 teaspoon rosemary, crushed
- 1/2 teaspoon freshly ground black pepper
- 6-8 cups vegetable broth or low-sodium vegetable broth
- 3 cups cooked great northern beans (2 cans, drained)
- 1 14 1/2-ounce can diced tomatoes
- 1 tablespoon chopped parsley
- salt to taste

Instructions

Crock Pot

Place vegetables and seasonings into a large slow cooker. Add enough vegetable broth to just cover the vegetables (start with 6 cups and add more as needed). Cover and cook on low heat for 7 hours. Add beans, tomatoes, parsley, and salt to taste. Check seasonings and add more herbs if necessary. Cover and cook for another hour.

Stovetop

Stovetop: Place vegetables, seasonings, and broth into a large stockpot. Cover and simmer until vegetables are tender, about 45 minutes. Add remaining ingredients, check seasonings, and add more herbs if necessary. Simmer uncovered for at least 15 minutes before serving. all of the ingredients in a blender and blend until smooth.

Adapted from forksoverknives.com

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