

## **Cantaloupe Green Smoothie**



### **Ingredients**

- 2-3 handfuls of spinach
- 1 banana
- 2 cups cantaloupe
- 1 cup skim milk
- 4-5 dry roasted (no salt) almonds

#### **Instructions**

- Place spinach in blender container until it's about half full. Don't be afraid to pack them in there. Greens are so good for you and this is a great way to sneak more into your diet.
- Fill the rest of the container with cantaloupe and banana. Add more bananas if you want . It's your smoothie.
- Toss in a few almonds for extra protein and taste.
- Blend on high until smooth and pour in drinking glass.

Adapted from veganbanana.com & heymcki.com

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

JULY 2017								AUGUST 2017						
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# One-Dish Roasted Potatoes and Apples with Chicken Sausage



### **Ingredients**

- 3-4 red potatoes (about 1 pound)
- 1 tablespoon canola oil
- 2 red apples (any variety)
- 1 onion (yellow or red)
- 1/2 to 1 pound baby carrots
- Chicken sausages (12 ounces)
- 2 tablespoons cider vinegar
- 1/2 teaspoon ground mustard
- 1 tablespoon honey

#### Instructions

- Preheat oven to 400 degrees.
- Cut potatoes and carrots into chunks, place in 2-quart baking dish. Drizzle with canola oil. Toss to coat. Roast in oven for about 20 minutes.
- While potatoes are roasting, cut apples and onion into chunks, and cut sausage into 1/2-inch slices.
- Remove baking dish from oven and reduce heat to 375 degrees. Add all remaining ingredients to baking dish and toss.
- Return baking dish to oven and roast an additional 30 minutes until apples and potatoes are tender.
- Optional: you can substitute pears for apples.

Adapted from usapple.com

# How to Cut & Cook Spaghetti Squash



If you're looking for a low-carb alternative to spaghetti, the aptly named spaghetti squash might be just the ticket. Spaghetti squash is a non-starchy vegetable that contains about 5 grams of carbohydrates per half-cup serving, according to the American Diabetes Association. Its stringy flesh also provides about 20 calories and vitamin C, B-complex vitamins and fiber.

It's easy to prepare spaghetti squash in under an hour. In fact, the hardest part about making spaghetti squash for dinner is most certainly cutting it open, so without further ado, here's how to bake spaghetti squash.

#### Instructions

- Preheat Oven to 375°F. Oil a sheet pan with olive oil.
- Carefully cut spaghetti squash in half lengthwise.



 Scoop out the seeds and connecting strands, then place cut side down on the prepared sheet pan.



Bake for 45 minutes, or until the squash flesh becomes tender and separates easily into strands with a fork.



• Finish by gently loosening and removing the "spaghetti strands" from the shells.



 Serve spaghetti squash warm or with cheese and your favorite pasta sauce or simply drizzle with olive oil and parmesan.

Adapted from bestrecipebox.com

# Spaghetti Squash with Tomatoes, Spinach & Garlic



Cook spaghetti squash using above directions then continue with recipe below.

### **Ingredients**

- 1 spaghetti squash (cooked)
- 5 cloves garlic, peeled and finely chopped
- Olive oil
- 3 Large, firm tomatoes
- 5 big handfuls of baby spinach leaves
- Feta Cheese to top each dish
- Salt & Pepper

#### **Instructions**

- In a big, heavy bottomed pot, coat the bottom with olive oil and start to sauté garlic on medium heat. Sauté for about 4-5 minutess until aromatic, but not brown.
- Add spaghetti squash to cooking garlic, and season with salt and pepper.
- Over medium heat, stir squash and add in spinach. Stir until spinach is wilted.
- Add chopped tomatoes and stir again until combined and tomatoes are warm.
- Serve immediately and top with crumbled feta, and more salt and pepper to taste.

Adapted from theseasalt.com