Mini Eggplant Pizzas



Ditch the crust and boost your veggie intake with these eggplant "pizzas."

Ingredients

- 1-2 eggplants cut into half-inch thick slices
- 4 teaspoons olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/4 cup marinara or red sauce
- 1/2 cup shredded part-skim mozzarella cheese

Instructions

- Preheat the oven or toaster oven to 425 degrees F.
- Brush both sides of the eggplant with the oil and season with the salt and pepper. Arrange on a baking sheet and bake until browned and almost tender, 6 to 8 minutes, turning once. Spread 1 tablespoon of marinara sauce on each eggplant slice. Top with the shredded cheese. Bake until the cheese melts, 3 to 5 minutes. Serve hot.

Adapted from recipes.sparkpeople.com

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

APRIL 2019										
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Roasted Grape Tomatoes & Zucchini Topped with Feta



Ingredients

- 1 container of grape tomatoes
- 1-2 zucchinis diced
- 2 tsp olive oil
- 2-3 cloves minced garlic
- Salt and pepper to taste
- Feta cheese
- Fresh herbs (optional)

Instructions

- Preheat oven to 400 degrees. Coat a small baking dish with cooking spray.
- Place tomatoes, zucchini, and minced garlic in the baking dish. Drizzle with olive oil, sea salt, and pepper, to taste. Toss to coat the veggies evenly. Place into the oven and roast for 15-30 minutes. Remove from the oven and pour them into a serving bowl. Top with feta cheese. Serve immediately. Enjoy.

Adapted from fortheloveofcooking.net

DON'T FORGET TO WASH YOUR AVOCADO!

Even though we don't eat the peel, it's advised to wash an avocado before cutting into it.

The outer peel may contain dirt or other contaminants that could be transferred to the delicious inside before you eat it!

NOTE: This week's avocados are NOT from the farms that experienced a recall over the weekend.

But wash them anyway!



"Kitchen Sink" Vegetable Soup



Choose Your Base

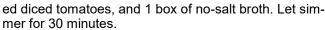
What do you have on hand? Chicken, beef, or fish stock? Tomato purée? Choose one (or two). Left over veggies from your last food box? Chop them up and make **Kitchen Sink Soup**!

Instructions

 Chop your vegetables. You can use whatever combination of vegetables you have on hand: green beans, cau-

liflower, onions, carrots, squash, asparagus, zucchini, or bell peppers. There are no hard and fast rules. Have fun!

- Heat 2 tablespoons olive oil with garlic and onions in a pot. Add spices: basil, oregano, pepper, and Mrs. Dash Italian seasonings.
- Sauté vegetables until tender.
- Once veggies are tender, add 28 ounces of water, 14 ounces no-salt add-



o minutes.

Adapted from the subtlestatement.com

Ground Turkey Sweet Potato Skillet

This gluten-free and low-fat meal will be ready to eat in less than 30 minutes and you will be amazed by how flavorful it is. It's a perfect ONE-PAN meal for your family to enjoy!

Ingredients

- 2 Tablespoons extra-virgin olive oil
- 1 pound extra-lean ground turkey
- 2-3 garlic cloves, minced
- 1/2 cup onions, diced
- 1/2 cup bell pepper, diced
- 1 1/2 sweet potato, diced
- · Kosher salt and freshly ground black pepper
- · A pinch of red chili flakes
- 1/2 cup shredded mozzarella cheese
- Fresh parsley for garnishing (optional)



Instructions

- In an **oven-proof** skillet, heat olive oil over mediumhigh heat (we think a cast-iron skillet works best).
- Add ground turkey and garlic. Use a wood spoon breaking up the turkey while it cooks. Stir occasionally and cook for about 5 minutes.
- Add onions and peppers and cook until onions are soft.
- Add the sweet potato, chili pepper, salt, and pepper.
- Cover the skillet and cook until they are tender. Don't forget to stir occasionally. If necessary, add more olive oil or a little bit of water to cook the sweet potato faster.
- While the sweet potato is cooking, preheat the oven to 400 degrees.
- When the sweet potato is tender, add shredded mozzarella cheese and return the skillet to the oven to melt the cheese.
- When the cheese melts, remove from the oven, and garnish with parsley.
- Serves 4.

Adapted from primaverakitchen.com