

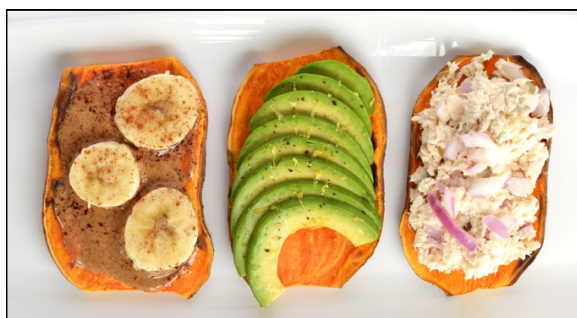


March 28, 2018

FOODSHARE

* GOOD HEALTHY *
FOOD FOR ALL *

Sweet Potato Toast 3 Ways



To Make Sweet Potato Toast

Slice sweet potatoes lengthwise into 1/4 inch slices. Add to the toaster like you would bread and toast on high. It may take a round or two to get it cooked how you like it. It's best with a little bit a browning on both sides.

For Avocado

Remove skin and pit from avocado and slice. Add to toast and sprinkle with salt, pepper and a little bit of lemon juice.

For Peanut Butter

Spread some peanut butter on toast and add sliced banana and a bit of cinnamon.

For Tuna

Combine 1 Tbsp. light mayonnaise, 1 Tbsp. pickle relish and 1 Tbsp. diced onion to a small can of tuna. Scoop tuna onto toast!

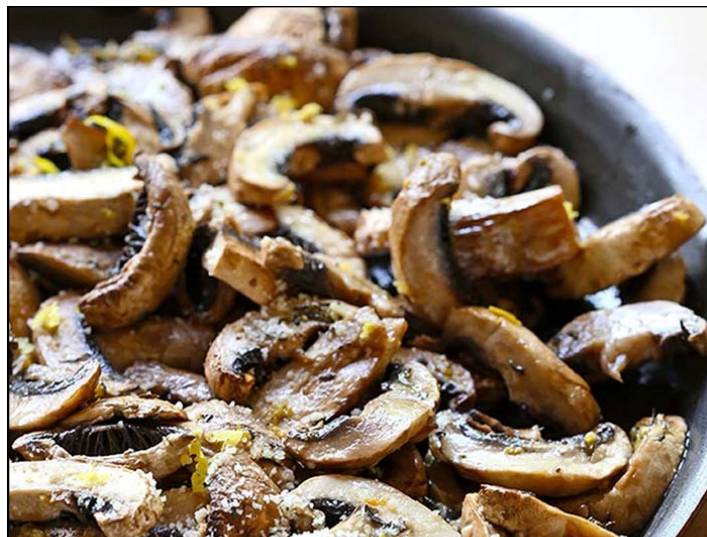
Adapted from littlebitsof.com

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

| APRIL 2018 | | | | | | |
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Baked Garlic Parmesan Mushrooms



Ingredients

- 1 container fresh white mushrooms
- 2-4 tablespoons olive oil, divided
- 1 lemon, juiced
- 4 tablespoons grated parmesan
- 1/2 teaspoon garlic powder
- 1 teaspoon dried thyme
- Kosher salt and freshly ground black pepper, to taste

Instructions

- Preheat the oven to 375F.
- In a small bowl combine 1 tablespoon lemon juice, thyme and 2 tablespoons olive oil.
- Spray canola oil on baking sheet and spread mushrooms in an even layer
- Drizzle with half the olive oil mixture evenly among the mushrooms, just spreading it across the top, sprinkle with salt and pepper to taste, and toss to combine.
- Bake for 10 minutes. Sprinkle the parmesan over the mushrooms and return to the oven for another 5 minutes, or until mushrooms turn a golden brown color. Toss occasionally.
- Remove from oven and drizzle the remaining olive oil mixture and 1 tablespoon lemon juice (or more to taste) over the mushrooms.
- Serve immediately.

Adapted from sugarapron.com

Cabbage & Mushroom Stir-Fry



Ingredients

- 2 tablespoons extra virgin olive oil
- 1 small onion
- 2 cloves garlic
- A pinch of red pepper flakes
- 1/2 medium cabbage (about 5 cups chopped)
- 5 mushrooms (about 1 cup)
- 1/4 teaspoon Kosher salt
- 2-3 teaspoons low sodium soy sauce
- 1 teaspoon garlic powder
- A sprinkle of ground pepper

Instructions

- Wash and chop the cabbage into bite-sized pieces.
- Slice mushrooms into 4-5 thin slices. Peel and chop the garlic into small pieces, and chop the onion in small pieces.
- In a frying pan, add the olive oil, scallions, garlic and red pepper flakes.
- Turn the heat on medium high and let it warm up for a couple of minutes. Add the cabbage, mushrooms and salt and let it sauté for about 5 minutes, be sure to stir very well.
- Add two teaspoons of low sodium soy sauce and taste, if it needs more, add another teaspoon.
- Add garlic powder and pepper. Sauté for another 5 minutes and turn the heat off and serve



Adapted from veganlifestylemagazine.com

Apple Crisp Oatmeal



Ingredients

- 1 cup old fashioned oats
- 2 cups water
- 1 teaspoon brown sugar
- 1/2 teaspoon ground cinnamon
- 1 medium apple diced
- 1 teaspoon vanilla

For the Topping

- 2 tablespoons brown sugar
- 2 tablespoons old-fashioned oats
- 2 tablespoons salted butter softened Olive oil

Instructions

- Preheat oven to 425°F.
- Stir together the oats, water, brown sugar, and cinnamon in a medium saucepan set over medium heat.
- Bring to a boil and stirring often, cook until thickened.
- While oatmeal is cooking, combine the brown sugar, oats, and the salted butter until crumbly.
- Once thick, remove oatmeal from heat and stir in apples and the vanilla.
- Divide the oatmeal between two to four oven-safe bowls.
- Sprinkle brown sugar mixture on top of the oatmeal and place into the preheated oven. Bake until lightly browned, about 5 minutes.

Adapted from addapinch.com

How Do You Store Tomatoes?

You definitely shouldn't put unripe tomatoes in the refrigerator. They need to stay at room temperature, ideally in a single layer out of direct sunlight. And most importantly for keeping them fresher longer, store them stem side down while they finish ripening. Once they are ripe, you can store them in the fridge until a couple of days before you want to eat them, then place on the counter for a couple days so they can recover their flavor.

