

April 10, 2019

EST.

2015

FOODSHARE

it's more than just a box of food.

Grilled Romaine Lettuce with Lemon & Parmesan

Ingredients

- 1 Large head of romaine lettuce
- Extra-virgin olive oil
- 1/2 teaspoon garlic powder
- Salt and pepper
- 1 Tablespoon lemon juice
- 1 Tablespoon Parmesan, grated or shredded

Instructions

- Remove any loose leaves on the top and outer layers. Rinse the romaine well, making sure to remove any dirt. Cut the romaine in half, vertically. Place the romaine pieces flat side down on a cutting board. Brush the rounded backs of the romaine with olive oil. Sprinkle with the garlic powder, salt, and pepper. Flip over and repeat on the other side.
- Grill the romaine on all sides (like a triangle) turning every minute or so. Be careful - the romaine cooks quickly
- Remove romaine from the grill and place it on a large serving platter. Squeeze the lemon juice over the romaine and sprinkle with parmesan.



Adapted from littlechefbigappetite.com

Pineapple Broccoli Stir Fry



Ingredients

- 1/3 of a fresh pineapple (about 2 cups cubed)
- 1-2 pounds chicken breast or chicken thighs
- large head of broccoli (about 2 1/2-3 cups of florets)
- Pepper or onions sliced
- 2-3 cloves garlic
- 3 tablespoons soy sauce
- 1 tablespoon freshly grated ginger
- pepper
- Cooked rice to serve with (Optional)

Instructions

- Cube fresh pineapple into similar sized pieces and break broccoli into small florets. Slice onions, peppers or other veggies.
- Mince garlic and add to a bowl or jar with the grated ginger and soy sauce.
- Place a large skillet on the stove on medium heat. Drizzle in a little olive oil. Once oil is hot, place chicken in with a splash of soy, cooking until all sides are a nice dark browned.
- Remove chicken from pan and add the in the broccoli. Add a splash of water and cook for 5 minutes. Then add in the pineapple and cook for another 5-7 minutes or until the pineapple starts to caramelize and the broccoli is no longer raw. Add the chicken back in along with veggies and pour the soy garlic ginger mixture all over. Sprinkle with pepper to taste. Cook for another 5 minutes or until the liquid has cooked down.

Adapted from thelovelycrazy.com

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

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				

MAY 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	

Slow-Roasted Roma Tomatoes



Ingredients

- Roma tomatoes (cleaned, washed & cut in half length-wise)
- Olive oil
- Salt & pepper
- Red pepper flakes

Instructions

- Pour a little bit of olive oil on the bottom of the skillet and stir the cut tomatoes to coat.
- Once tomatoes are evenly coated with olive oil, arrange them cut side up and sprinkle with salt, pepper, and red pepper flakes.
- Roast in 300 degrees F° oven for 2.5 hours.

Adapted from snackinginthekitchen.com

Garlic Roasted Broccoli & Beets

Ingredients

- Broccoli, cut into florets
- Beets, washed, peeled, and diced
- 3 cloves garlic, sliced
- 1/2 yellow onion, sliced
- Olive oil
- Kosher salt
- Freshly grated black pepper



Instructions

- Preheat oven to 425 degrees F. Lightly coat a baking sheet with nonstick cooking spray. Set aside.
- In a large bowl, toss broccoli, beets, onions, and garlic in olive oil, salt, and pepper. Spread evenly in one layer on baking sheet.
- Roast for approximately 40 minutes, or until broccoli is adequately browned and beets are soft when pierced with a knife, flipping once.

Adapted from hellotofit.com

Homemade Breakfast Egg Muffins



Ingredients

- 12 fresh eggs
- 1/2 teaspoon Kocher salt
- 1/4 teaspoon black pepper

Topping Suggestions

- Green, red, yellow peppers sliced thin
- Onion- chopped or sliced
- Broccoli – chopped small
- Cooked Quinoa – 1/2 tsp. in each muffin center
- Carrots Shredded
- Spinach – chopped or put a leaf or two in each cup
- Cherry tomatoes – halved
- Mushroom slices – sautéed

Cheese (Optional)

- Cheddar
- Feta
- Swiss
- Low fat Mozzarella

Instructions

- Preheat oven to 350 degrees F°. Line muffin pans with paper muffin/cupcake papers. (They WILL Stick if you skip this step)
- Beat eggs in a large bowl. Stir in salt and pepper and set aside.
- Add your choice of toppings to the muffin tins
- Pour enough egg mixture to just enough to cover the toppings. (No more than 3/4 full).
- Bake for 20 to 25 minutes. Insert a knife in the center of one; if it comes out clean, they are ready to eat!

These can be prepared the night before and refrigerated. just pop in the oven in the morning. They may also be cooked and frozen. Just a few seconds in the microwave to reheat.

Adapted from naturallynourishing.com