



Simple Italian Salad and Dressing



Ingredients

- 1/2 head lettuce, washed, chopped into bite size pieces
- 2 cups fresh spinach
- 1 package cherry tomatoes
- 1/2 cup red or yellow onion, sliced
- 2/3 cup Parmesan cheese, grated
- 2/3 cup olive oil
- 1/3 cup red wine vinegar
- 1 tsp salt
- 1/4 tsp black pepper

Instructions

- In medium bowl, toss lettuce, tomatoes, onion, cheese.
- In a small bowl, combine olive oil, red wine vinegar, salt and pepper. Whisk well to combine.
- Top salad with dressing and let stand for 15 minutes in refrigerator before serving.

Adapted from blackberrybabe.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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MAY 2018						
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Roast Chicken and Plums



Ingredients

- 2 Tbsp. honey
- 3 Tbsp. mustard
- 1 whole chicken, cut into 8 pieces
- 2 red or white onions, cut into wedges
- 4 plums, halved and stone removed
- 1 Tbsp. olive oil
- 1 tsp. dried thyme (optional)
- 2 Tbsp. melted butter

Instructions

- Preheat the oven to 400°F.
- Mix honey and mustard together in a small bowl, then brush all over the pieces of chicken.
- Season with salt and pepper or Ms. Dash.
- Mix the onion wedges and plum halves together in bowl with the olive oil and butter.
- Pour mixture over chicken pieces skin side up. (Use skin as flavoring but do not eat if you're watching your cholesterol and/or weight.)
- Roast in oven for 35 to 40 minutes until chicken is cooked through at an internal temperature of 165 F.
- This is a great recipe to add a little shaved ginger.
- You can also use pre-cut chicken pieces using dark and/or white meat as you prefer.

Adapted from deliciousmagazine.co.uk

Sweet Pan Chicken Fajitas



Ingredients

- 1 - 1 1/2 pounds chicken breasts, cut into 1/4" strips
- 4 medium bell peppers seeded and thinly sliced
- 1 medium red onion thinly sliced
- 3 Tbsp. olive oil
- juice from 2 limes divided

Seasonings

- 2 tsp. chili powder
- 1 tsp. cumin
- 1 tsp. garlic powder
- 1 tsp. smoked paprika
- 1/2 - 1 teaspoon sea salt or to taste
- 1/4-1/2 tsp. freshly ground black pepper or to taste
- 1/8 tsp. cayenne pepper (optional or to taste)

For Serving

- chopped fresh cilantro
- lime wedges
- sliced avocado
- warm tortillas flour or corn 1 teaspoon garlic powder

Instructions

- Preheat oven to 400°F. Spray a large baking sheet with canola spray (18x13 or use two if necessary). For easier clean up, you can also line with parchment paper or foil.
- Combine the seasonings in small bowl and mix. Spread the vegetables in an even layer on the baking sheet (do not overcrowd). Drizzle with 1 1/2 tablespoons olive oil and season with one third (1/3) of the seasonings. Toss to coat well.

- In a large bowl, add the chicken and drizzle with remaining 1 1/2 tablespoons olive oil and juice from 1 lime. Sprinkle with remaining 2/3 of the seasonings. Toss to coat well. (If time permits, allow to marinate for at least 30 minutes for more flavor).
- Spread the chicken and vegetables in an even layer on prepared sheet pan. Try not to overlap too much and keep everything in a single layer. (Use two sheet pans if necessary).
- Bake in preheated oven for 18-26 minutes (flipping chicken and tossing vegetables halfway through) or until peppers are tender and chicken is cooked through (165°F).
- Bake tortillas by wrapping in aluminum foil and placing on top rack of oven while the chicken is baking for about 5 minutes
- Serve with warm tortillas, sliced avocado and your favorite toppings.



Adapted from lifemadesweeter.com

Salmon with Blistered Tomatoes & Green Beans

Ingredients

- 1 package cherry tomatoes
- 2 cups string beans
- 2 Tbsp. extra-virgin olive oil or melted butter
- Pinch sea salt or regular salt
- Black pepper
- 1 pound salmon
- Any fresh herbs such as parsley or basil, chopped
- 2 garlic cloves minced

Instructions

- Preheat oven to broil.
- In a bowl toss tomatoes and string beans with oil or butter and garlic. Add salt and pepper.
- Place on a baking sheet and broil for 5 minutes.
- Brush salmon with olive oil and add to baking sheet. **Reduce heat and bake at 375°F** for 15 to 20 minutes or until fish flakes easily. Garnish with fresh herbs.
- If you don't like fish you can simply broil vegetables a little longer and use as a side dish for another meal.



Adapted from lexiscleankitchen.com