



April 25, 2018

FOODSHARE

* GOOD HEALTHY *
FOOD FOR ALL *

Butternut Squash Casserole



Ingredients

- 1 medium butternut squash, peeled and cut into chunks
- 1/4 cup sugar
- 1 large eggs
- 1 oz. milk
- 1 Tbsp. butter
- 1 tsp. vanilla extract
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

Instructions

- Place squash in a large saucepan and cover with water; bring to a boil. Reduce heat; cover and simmer for 12-16 minutes or until tender. Drain.
- In a small bowl, beat squash until smooth. Add the remaining ingredients; beat well. Spoon into a baking dish coated with cooking spray. Cover and bake at 350° for 30-35 minutes or until a thermometer inserted in the center reads 160°.

Adapted from tasteofhome.com

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

MAY 2018							JUNE 2018						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

Turkey Mushroom Meatballs



Ingredients

- 6 oz. mushrooms, chopped fine with knife or in blender
- 2 tsp. Olive Oil
- 1/2 large yellow onion, diced small
- 2 cloves garlic, minced
- 1 large egg, beaten
- 1/3 cup bread crumbs, whole wheat
- 2 tsp. tomato paste
- 2 Tbsp. dried parsley
- 1/3 cup parmesan cheese
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/2 tsp. dried basil
- 10 oz. ground turkey
- Canola or olive oil spray

Instructions

- Preheat oven to 350 °F
- In a food processor or blender, or with a chef's knife, chop mushrooms into very small pieces.
- In a sauté pan, heat up olive oil and sauté diced onion for about 3-4 minutes until golden brown. Stir in garlic and chopped mushrooms.
- Sauté mushrooms for an additional 5 minutes then remove from heat and let the mixture cool slightly.
- In a large bowl, mix all ingredients until evenly combined.
- Shape meat mixture into meatballs by hand, about 1-1/2 inches thick. Once rolled, place the meatballs on a sprayed large sheet tray.
- Place the sheet pan in the oven for approximately 15-20 minutes or until the meatballs are fully cooked through.
- Remove the meatballs from the oven and serve!

From culinarymedicine.org

Sweet Potato Black Bean Boats



Ingredients

- Sweet potatoes
- 15-ounce can black beans, drained and rinsed
- 1/4 cup grated cheddar or pepper jack cheese
- Fresh salsa, cilantro, and green onion for topping and dipping.

Instructions

- Preheat oven to 400 °F. Bake sweet potatoes directly on baking rack for 40-45 minutes or until tender to the touch.
- Remove from oven to cool, but leave oven on.
- Carefully cut sweet potatoes in half and scoop out insides to make “boats.” Leave about 1/4–1/2 inch of flesh so they don’t become too fragile and difficult to handle. Reserve leftover sweet potato for another recipe of your choice.
- Place sweet potato boats face up on a baking sheet and fill with black beans and top evenly with grated cheese.
- Pop back in oven to warm through and remove when cheese is melted and bubbly.
- Remove from oven and arrange on a serving platter. Top with salsa, chopped green onion and fresh cilantro. Additional toppings might include guacamole, hot sauce and lettuce. It’s your meal, have fun with it!
- Will reheat well the next day or two in the microwave or oven.

Adapted from minimalistbaker.com



excited to support this campaign from the Ad Council and the Natural Resources Defense Council to “Save The Food.” Visit www.SaveTheFood.com to help learn how you can take steps to end food waste.

Americans are throwing away 40% of food, a problem that costs the average family \$1,500+ a year. We’re

Cucumber Limeade

Ingredients

- 5 cups water, or to taste
- 3 cucumbers, peeled and chopped
- 1/2 cup freshly squeezed lime juice
- 1/4 cup sweetener (such as Splenda®), or to taste.



Instructions

- Blend 2 cups water, cucumbers, lime juice, and 2 tablespoons sweetener together in a blender until smooth. Pour into pitcher; add remaining water. Stir in additional sweetener to taste.

Adapted from allrecipes.com

Perfect Roasted Broccoli



Ingredients

- 1 1/2 pounds broccoli florets
- 3 tablespoons olive oil
- 1/4 teaspoon garlic powder
- Salt and pepper

Instructions

- Preheat the oven to 450 degrees F. Line a large rimmed baking sheet with parchment paper.
- Trim the broccoli into small bite-size florets. Pile the florets onto the baking sheet. Drizzle the oil over the top, then sprinkle with garlic powder, 1/2 teaspoon salt, 1/2 teaspoon cracked black pepper. Toss to coat well.
- Spread the broccoli in a single layer over the baking sheet. Roast in oven for approximately 15 minutes, until the edges are slightly charred and crispy. Serve immediately.

Adapted from aspicyperspective.com