



FOODSHARE

it's more than just a box of food.

Kale & Sweet Potato Sauté

Ingredients

- 2 cups cubed and peeled sweet potatoes
- 1 Tablespoons olive oil
- 1/2 cup thinly sliced onion
- 3 cloves garlic, minced
- 4 cups kale, tightly packed, washed and torn with tough stems removed (about 1 bunch)
- Sea salt and pepper to taste
- (Optional) Avocado, fried eggs, Lemon wedges

Instructions

- Heat oil in a large skillet placed over medium-high heat.
- Add sweet potato and onion. Sauté, stirring occasionally, for 5-8 minutes or until onions and potatoes start to soften a bit.
- Add garlic and cook an additional 30 seconds or until fragrant.
- Add 2 Tablespoons water and cover with a lid. Cook additional 3-4 minutes or until potatoes are just about done.
- Add kale, toss well and continue to cook for 3 minutes, stirring occasionally, until kale is wilted and tender.
- Remove from heat, season with salt and pepper to taste. Serve with lemon wedges, avocado slices or a fried egg, if desired.



Adapted from therealfoodrds.com

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

MAY 2019						
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JUNE 2019						
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Strawberry Salsa

Ingredients

- 2 1/4 cups strawberries washed, hulled, finely chopped
- 1/2 cup onions, finely chopped
- 1 jalapeno deseeded, finely chopped
- 1/4 cup cilantro, finely chopped
- 2 Tablespoons lemon juice or lime juice
- Dash of Kosher Salt
- Fresh ground black pepper to taste
- 1 Tablespoon honey (optional)



Instructions

- Add strawberries, onions, jalapeno, cilantro, lemon juice, salt, pepper, honey (optional) together in one bowl.
- Mix everything together until fully combined.
- Cover and let all the flavors marinate for 20-30 minutes in the fridge.
- Serve it with some tortilla chips as an appetizer OR you can even serve it as a side dish with baked/ grilled chicken, steak, pork chops, fish such as salmon. You can even use it as a topping in tacos, burgers & sandwiches.

Adapted from onepotrecipes.com

Simple Sheet Pan Roasted Carrots

Ingredients

- 1 pound baby carrots, patted dry
- 1 Tablespoon olive oil
- 1/4 teaspoon Kosher salt
- 1/4-1/2 Teaspoon fresh ground black pepper

Instructions

- Preheat oven to 450 F degrees. Add carrots and oil to large mixing bowl and toss to coat. Add salt and pepper and toss again to combine.
- Transfer carrots to extra large rimmed baking sheet. Roast 30-40 minutes, stirring once or twice during cooking.



Adapted from thechunkychef.com

WE LOVE SMOOTHIES!

AND YOU WILL, TOO!

Strawberry Banana Smoothie

Ingredients

- 2 cups fresh strawberries, halved
- 1 banana, quartered and frozen
- 1/2 cup Greek yogurt
- 1/2 cup milk

Instructions

- Add all ingredients to a blender and blend until smooth.
- Makes two servings.



Adapted from downshiftology.com

Red Delicious Apple Pie Smoothie

Ingredients

- 1 medium red delicious apple
- 1 small ripe banana
- 1/4 cup old-fashioned oats
- 1/2 cup plain no-fat Greek yogurt
- 1/2 cup milk
- 1/2 teaspoon ground cinnamon
- 1 cup ice

Instructions

- Dice apple, and cut banana into chunks; place in blender along with ice.
- Add oats, yogurt, milk and cinnamon.
- Blend until desired consistency is reached. If your smoothie is too thick you can add 1/4 cup more milk or water.
- Almond milk may be substituted.
- Makes two servings.



Adapted from pickfreshfoods.com

Garlic Mushroom Chicken



Ingredients

For Chicken

- 1 1/2 pounds boneless skinless chicken thighs
- 1 teaspoon each onion powder and garlic powder
- 1/2 teaspoon each of dried thyme and rosemary
- 1/2 teaspoon salt
- 1/4 teaspoon cracked black pepper
- 2 tablespoons olive oil

For Sauce

- 1 Tablespoon olive oil
- 1 tablespoon butter
- 8 ounces sliced mushrooms
- 4 cloves garlic, minced (or 1 tablespoon minced garlic)
- 1 tablespoon fresh chopped parsley
- 1/2 - 1 teaspoon each of dried thyme and dried rosemary (adjust to your taste)

Instructions

- Pat chicken thighs dry with paper towel and trim off excess fat. Combine the onion powder, garlic powder, herbs, salt and pepper. Coat the chicken evenly with the combined seasoning.
- Heat 1 Tablespoon of oil a large pan or skillet over medium-high heat and sear chicken thighs in batches until browned on each side and no longer pink in center (about 8 minutes each side, depending on thickness). Add remaining oil if needed for second batch. Transfer to a plate; set aside and keep warm.
- To the same pan or skillet, melt the butter and add the mushrooms. Season with salt and pepper and cook until soft (about 3 minutes). Add the garlic, parsley, thyme and rosemary; sauté until fragrant (about 1 minute).
- Return chicken to the pan. Taste test and season with salt and pepper to your taste.

Adapted from cafedelites.com