

## Cantaloupe with Honey Lime Dressing



### Ingredients

- 3 cups cantaloupe, cut into chunks or melon balls
- 1/2 cup nonfat plain Greek yogurt
- 1/4 cup honey
- 1/4 cup lime juice
- 1 tsp. lime zest

### Instructions

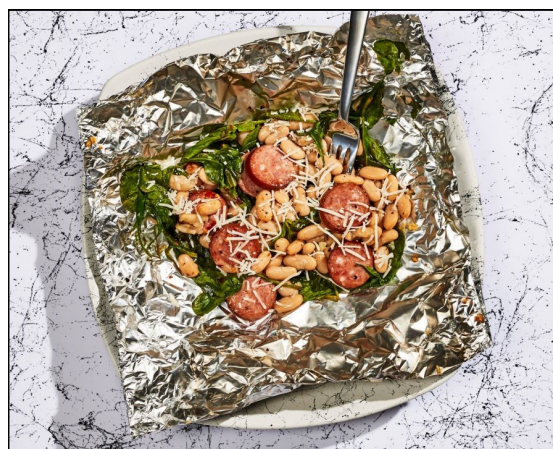
- In a mixing bowl, whisk together Greek yogurt, honey, lime juice and lime zest. Pour over cantaloupe and toss gently to coat. Spoon into serving dishes and top with a thin slice of lime or fresh sprig of mint.

*Adapted from festfoods.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

## Sausage, White Bean & Spinach Foil Pack Dinner



### Ingredients

- 4 lightly packed cups baby spinach
- 1 cup Cannellini beans, drained and well rinsed
- 2 Tablespoons extra-virgin olive oil
- 1 clove garlic, finely chopped
- Salt and pepper
- 1/2 pound turkey or other cooked low-fat sausage, cut into 1/2-inch slices
- 1 pinch red chili flakes
- 3 Tablespoons grated Parmesan cheese, for serving

### Instructions

- Preheat oven to 400°F.
- Lay two 18-inch lengths of foil on a flat surface. Divide spinach among the center of both pieces. Sprinkle beans and garlic over the spinach. Drizzle with olive oil and season with salt and pepper. Arrange sausage slices evenly over the greens and beans. Top with chili flakes.
- Draw the two short ends of the foil up and together over the sausage and beans. Fold the top inch of foil over, then repeat, folding it down close to, but not touching, the ingredients. Fold the other ends inward to seal the foil packet.
- Transfer the packets to a rimmed baking sheet and bake 10 minutes.
- Use caution opening the packets, as steam will escape.
- Top with Parmesan cheese.

*Adapted from refinery29.com*

## One Pot Unstuffed Cabbage Rolls



### Ingredients

- 1 pound ground turkey or lean ground beef
- 2-3 garlic cloves, minced
- 1/2 cup onion, diced
- 1 small green cabbage head, chopped (about 4 cups)
- 2 (14.5 ounce) cans diced tomatoes
- 1 (8 ounce) can tomato sauce
- 1/2 cup beef broth
- 1 teaspoon paprika
- 1 tablespoon brown sugar
- 2 teaspoons salt
- 1 teaspoon pepper

### Instructions

- In a large, deep skillet or dutch oven, brown ground beef, onions and garlic together. Cook until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- Add cabbage, tomatoes, tomato sauce, broth, paprika, sugar, salt, and pepper and bring to a boil.
- Cover and reduce heat, and simmer until cabbage is tender, about 30 minutes.

*Adapted from familyfreshmeals.com*

## Red Potato & Rosemary Pizza



*Meatless, Low Cholesterol, Low Saturated Fat*

### Ingredients

- 1 pound whole-wheat pizza dough, room temperature
- 1 garlic clove, minced
- 1 Tablespoon olive oil
- 10 ounce red potatoes, scrubbed and very thinly sliced
- 1+1/2 Tablespoons chopped fresh rosemary

- 1/8 teaspoon salt
- 2 tablespoons finely grated Parmesan
- 1/8 teaspoon pepper

### Instructions

- Place an oven rack on lowest position and preheat to 500°F.
- On a lightly floured surface, roll dough into a 14-inch round. Generously sprinkle a baking sheet with corn-meal. Place dough on sheet.
- In a large bowl, stir together garlic and oil. Add potatoes, rosemary and salt. Top dough with potatoes, overlapping, leaving a 1/2-inch border. Sprinkle with Parmesan and pepper.
- Bake until cheese has melted and crust is crisp, about 13 minutes. Cut into 8 slices. Serve.

*Adapted from health.com*

## Lemon Sautéed Spinach



### Ingredients

- 1 bag of spinach
- 1/4 cup of pine nuts (you may substitute other nuts, such as walnuts, almonds or pecans)
- 3 cloves of chopped garlic
- 1 Tablespoon of olive oil
- 1 lemon
- Salt and pepper to taste

### Instructions

- Pre-heat medium sauté pan over medium heat for 2-3 minutes then add olive oil
- Add a portion of the spinach to the pan (the whole bag may not fit in the sauté pan but as it cooks, it will shrink).
- Stir frequently continuing to add spinach until entire bag is added.
- Cook spinach until soft and limp.
- Add chopped garlic and nuts.
- Stir spinach, garlic and nuts in pan until garlic and nuts are slightly browned.
- Salt and pepper to taste
- Squeeze a bit of fresh lemon juice over spinach before serving.

*Adapted from dinnerwiththerollos.com*