

June 6, 2018



FOODSHARE

* GOOD HEALTHY *
FOOD FOR ALL *

Spicy Ginger Broccoli



Ingredients

- 1 pound broccoli, cut into florets
- 2 teaspoon olive oil or sesame oil
- 1 small onion, diced
- 2 -3 cloves fresh garlic, minced finely
- 1 Tablespoon ginger, fresh grated or diced finely
- 1 Tablespoon Soy Sauce, low sodium
- 1/8 teaspoon red pepper flakes

Instructions

- Boil pot of water and blanch or cook broccoli until tender (2-4 minutes)
- In a medium pan, heat the oil over medium heat. Add the diced onion and cook until translucent, about 2 minutes.
- Add broccoli, garlic, ginger, soy sauce, and pepper flakes to the pan and cook on low.
- Stir and enjoy.

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

JUNE 2018						
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JULY 2018						
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Red vs. Green Cabbage

While both **red** and **green** cabbage are good for you, **red cabbage** packs a more powerful nutritional profile. In short, red cabbage is healthier than green, but green does win in one category. Red cabbage has double the amount of iron, more potassium and 10 times more Vitamin A and C. Green does have more vitamin K. Both are low in calories and good for you!

Ginger-Braised Red Cabbage

Ingredients

- 2 tablespoons olive oil
- 1 small-medium onion, thinly sliced
- 1 3-inch piece fresh ginger, peeled and sliced
- 1/4 cup cider vinegar
- 3 teaspoons brown sugar
- 2 cups low-sodium chicken stock
- 2 cups water
- Coarse salt and freshly ground black pepper
- 1 head red cabbage (about 2 1/2 lb.), cut into 8 wedges, core intact

Instructions

- Preheat oven to 350 degrees. In a heavy ovenproof saucepan, heat oil. Cook shallot and ginger over medium heat until tender, about 5 minutes. Add vinegar and brown sugar. Stir in chicken stock, water, and bay leaf. Season with salt and pepper. Add cabbage.
- Bring to a boil. Cover; transfer to oven and braise until cabbage is tender, 45 to 50 minutes.
- Remove cabbage with a slotted spoon and place on a serving platter; discard bay leaf. Simmer remaining liquid over medium-high heat until reduced by half, about 10 minutes. Spoon sauce over cabbage.



Adapted from marthastewart.com

Eat Your Calories, Don't Drink Them!

Calories that sneak in through beverages are usually forgotten. This is especially true when we are talking about alcoholic or sugary drinks, including fruit juices and sodas. These drinks can be found anywhere, tempting you at gas stations, schools, movie theaters, airports, your workplace, even at the gym. The average American **drinks** 400 calories on a daily basis!

Our bodies are most efficient when drinking water and you'll feel much more satisfied and "full" if you eat your calories rather than drink them. "Don't Drink Your Calories" is an easy and quick mantra to help you make good nutrition choices.

The infographic below from the University of Utah shows just how much sugar is in common drinks. Here are some easy alternatives to save calories:

- Reduce the size of your coffee, the sweeter added, and use fat-free milk to save calories.
- Select water with your lunch rather than soda or juice.
- If you're an iced tea lover, try sparkling water with lem-

on slices.

- Hold the added sugar or flavorings from your smoothie since the fruit is naturally sweet.
- Dilute your and your children's fruit juices with water.
- Swap a small chocolate shake for an 8-ounce carton of chocolate milk.

Adapted from healthcheck360.com

Crustless Pepper Quiche



Ingredients

- 4 large eggs
- 2 bell peppers, diced
- 1 jalapeño or other hot pepper (optional)
- 1 finely diced onion or yellow squash
- 2 cloves of garlic, minced
- 1 tablespoon olive or canola oil
- 1 cup shredded cheese
- Salt and pepper, to taste

Instructions

- Preheat the oven to 350 degrees.
- Heat oil in medium saucepan.
- Sauté diced peppers and onion in oil until they begin to soften.
- Place peppers and onion in a lightly-greased pie dish.
- Beat the eggs, and add the chopped garlic and some salt and pepper. Blend with the hot pepper if you are using it. Pour the egg mixture over the vegetables in the base of the pie dish and stir.
- Bake for 30 minutes. Remove from oven and top with shredded cheese.
- Broil on high for around 2-3 minutes, or until cheese is browned and bubbling. Serve warm.

Adapted from 12tomatoes.com



Did you know you can recycle your clean FoodShare Box? Bring in your old box whenever you pick up and we'll reuse or recycle it!

