

EST.



2015

June 20, 2018

FOODSHARE

it's more than just a box of food.

4TH OF JULY

HOURS & DEADLINES

Friday, June 29
Deadline to Order a Box

Tuesday, July 3
Food Box Pick-Up Day

Wednesday, July 4
FoodShare Closed



Braised Kale & Tomatoes

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, sliced
- 1 pint tomatoes, chopped
- 1 pound kale, stems removed, leaves chopped
- 1/4 cup water
- 1 teaspoon Kosher salt



Instructions

- Heat oil in a large saucepan on medium high heat. Add onion and sauté until soft, about 5 minutes.
- Stir in tomatoes and cook until soft about 4 minutes. Stir in kale, coat with onion and tomatoes. Add water and cover saucepan, allow to cook for 10 minutes or until kale is tender.

Adapted from healthiersteps.com

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

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

Zucchini Gratin



This delicious zucchini gratin recipe has a delectable crispy Parmesan and breadcrumb topping and is made without any butter or cream, allowing the fresh zucchini flavor to shine. Slice the zucchini uniformly to ensure even cooking.

Ingredients

- 2 cloves garlic, minced
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon dried marjoram or thyme
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 3 medium zucchini, thinly sliced (1/8 inch)
- 1/2 cup coarse dry breadcrumbs, preferably whole-wheat
- 1/2 cup grated Parmesan cheese

Instructions

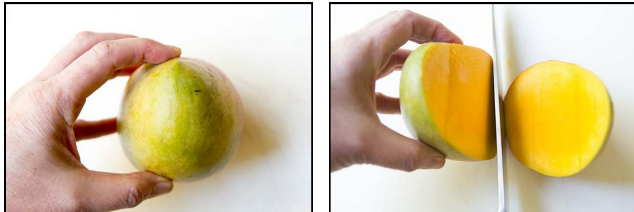
- Position rack in lower third of oven; preheat to 450°F. Coat a 7-by-11-inch baking dish (or similar size 2- to 2½-quart dish) with cooking spray.
- Combine garlic, 1 tablespoon oil, thyme, salt and pepper in a large bowl. Add zucchini; toss until evenly coated. Transfer to the prepared baking dish.
- Roast the zucchini until softened and starting to wilt in spots, about 15 minutes.
- Meanwhile, combine breadcrumbs, Parmesan and the remaining 2 tablespoons oil in the bowl. Sprinkle the breadcrumb mixture over the zucchini and continue to bake until the topping is crisp, about 15 minutes more.

Adapted from livingwell.com

How to Cut a Mango

The mango has a flat-ish oblong pit in the center of it. Your objective is to cut along the sides of the pit, separating the flesh from the pit.

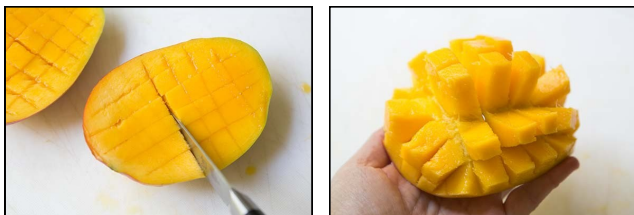
Holding the mango with one hand, stand it on its end, stem side down. Standing up the mango up like this you should be able to imagine the alignment of the flat, oval pit inside of it. With a sharp knife in your other hand, cut from the top of the mango, down one side of the pit.



Then repeat with the other side. You should end up with three pieces: two halves, and a middle section that includes the pit.



Take a mango half and use a knife to make lengthwise and crosswise cuts in it, but try not to cut through the peel. Invert the mango half so that the cut segments are sticking out like a hedgehog.



At this point you may be able to peel the segments right off of the peel with your fingers. Or, you can use a small paring knife to cut away the pieces from the peel.



Take the mango piece with the pit, lay it flat on the cutting board. Use a paring knife to cut out the pit and remove the peel. You may be able to extract a little extra mango from around the pit.

Adapted from simplyrecipes.com

Roasted Cajun Potatoes



Ingredients

- 2-1/2 pounds medium red potatoes
- 1/4 cup olive oil
- 1 onion, chopped
- 1 garlic clove, minced
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon pepper
- 2 tablespoons minced fresh parsley

Instructions

- Preheat oven to 450°F.
- Cut each potato lengthwise into eight wedges.
- In a large bowl, combine oil, onions, garlic, salt, paprika, cayenne and pepper; add potatoes and toss to coat. Place in roasting pan prepared with cooking spray.
- Bake, uncovered, for 45-50 minutes or until tender and golden brown, turning every 15 minutes. Sprinkle with parsley.

Adapted from tasteofhome.com

Banana Mango Smoothie

Start your day with this flavorful Banana-Mango Smoothie recipe perfect for a healthy breakfast or a low calorie mid-day snack! .

Ingredients

- 1 cup cubed peeled ripe mango
- 3/4 cup sliced ripe banana
- 2/3 cup fat-free milk
- 1 teaspoon honey
- 1/4 teaspoon vanilla extract

Instructions

- Arrange the mango cubes in a single layer on a baking sheet; freeze until firm (about 1 hour).
- Thaw frozen mango about 15 minutes and place in blender with remaining ingredients. Process until smooth.
- TIP: Freeze mango a day ahead to save time.



Adapted from wishesndishes.com