



July 3, 2018

# FOODSHARE

it's more than just a box of food.

## Good For Your Heart Low Sodium Garlic Chipotle Collard Greens



### Ingredients

- 2 pound bag collard greens, chopped
- 4 teaspoons olive oil
- 2 small to medium onions, chopped
- 10 (yes, you read correctly!) garlic cloves, minced
- 6 cups no salt chicken broth (Be sure to find the no-salt broth. Sold at Publix & Walmart)
- 3 to 4 teaspoons chipotle peppers in adobo sauce (found in the Hispanic aisle of most grocery stores)
- 2/3 teaspoon kosher salt

### Instructions

- Chop and wash the collard greens. Drain well and set aside.
- In a medium pot, heat the olive oil on medium-high heat. Add the onions and sauté for about 5 minutes or until

just starting to caramelize. Reduce heat to medium. Add the garlic and sauté for 5 minutes more.

- Add the broth and collard greens to the pot.
- Mince the chipotle peppers and add to the greens with the salt.
- Cook uncovered for 30 minutes, tossing the greens occasionally. Serve warm.

## Pineapple Walnut Baked Sweet Potato

### Ingredients

- 2 medium sweet potatoes
- 2 cups cubed pineapple
- 1 Tablespoon crown sugar
- 1/4 cup golden raisins
- 1/4 cup chopped walnut
- 1/4 cup chopped parsley
- 1 pinch black pepper
- 1/2 cup milk

### Instructions

- Preheat oven to 400 degrees F.
- Wash sweet potato under cold water and pierce several times with a fork. Wrap potatoes with aluminum foil and place it on a baking sheet. Bake for an hour and a half or until potato is soft enough to scoop out.
- While our potato is in the oven, dice two cups of pineapple. You will use one cup of pineapple for the sauce, and one to stuff sweet potatoes.
- SAUCE: Combine 1 tablespoon of brown sugar with a cup of cubed pineapple and half a cup of milk. Transfer to a blender and blend for 5 seconds.
- When potatoes are soft, remove them from oven and cut half-wise on length. Scoop out the inside of the potatoes and transfer to a bowl.
- Mix potato with cubed pineapple and walnuts and place back in potato skins (like a bowl).
- To serve, bring the sauce to a gentle boil and pour one tablespoon on each potato.
- Garnish with chopped parsley and enjoy!



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

JULY 2018						
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AUGUST 2018						
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Adapted from foodflavorz.com



## Chicken Broccoli and Sweet Potato Sheet Pan Dinner



### Ingredients

- 2 medium sweet potatoes diced into 3/4-inch cubes
- 4 Tablespoons olive oil , divided
- 1 1/2 pounds boneless skinless chicken breasts , diced into pieces (about 1 1/4-inches, keep them close to the same size so they all cook even)
- 1 head broccoli cut into florets
- 1/2 of a medium onion , diced into big chunks
- 3 cloves garlic , minced
- 3/4 teaspoon of each dried thyme, rosemary or other dried herb
- 1/8 teaspoon nutmeg
- Salt and freshly ground black pepper
- 1/2 cup pecans , whole or roughly chopped (optional)
- 1/3 cup dried cranberries (optional)

### Instructions

- Preheat oven to 400 degrees.
- Place sweet potatoes in a mound on a rimmed 18 by 13 -inch baking sheet, pour 1 tablespoon olive oil over top and toss to evenly coat. Spread into an even layer and roast in preheated oven for 15 minutes.
- While potatoes are baking, chop and prep the onion, garlic, broccoli and pecans.
- After 15 minutes, remove sweet potatoes from oven, add chicken pieces, broccoli, and onion around sweet potatoes. Sprinkle with garlic and drizzle everything with remaining 3 tablespoon olive oil (focusing mostly on the broccoli so it doesn't dry). Toss with a spatula to evenly coat.
- Sprinkle evenly with dried herbs and about 1 teaspoon salt and 1/2 teaspoon pepper. Toss again to evenly coat with seasonings and spread out evenly (try not to overlap chicken pieces).
- Return to oven and roast about 16 - 20 minutes longer, tossing once halfway through, until chicken is done.
- Toss in pecans and cranberries.
- Serve warm.

*Adapted from [cookingclassy.com](http://cookingclassy.com)*

## How to Caramelize Onions

Caramelizing onions, by slowly cooking them in a little olive oil until they are richly browned, is a wonderful way to pull flavor out of the simplest of ingredients. You can use onions prepared this way on top of grilled chicken, or for onion soup, pizza, or onion dip. Or you can do just eat it straight up!



### Ingredients

- Several medium or large onions, yellow, white, or red
- Olive oil
- Salt

### Instructions

- Peel and slice onions. Coat the bottom of wide, thick-bottomed sauté pan with olive oil (about 1 teaspoon per onion). Heat the pan on medium high heat until the oil is shimmering. Add the onion slices and stir to coat the onions with the oil. Spread the onions out evenly over the pan and let cook, stirring occasionally. You may need to reduce the heat to medium or medium low to prevent the onions from burning or drying out.
- After 10 minutes, sprinkle some salt over the onions. One trick to keeping the onions from drying out as they cook is to add a little water to the pan.
- Let cook for 30 minutes to an hour more, stirring every few minutes. As soon as the onions start sticking to the pan, let them stick a little and brown, but then stir them before they burn.
- The trick is to let them alone enough to brown (if you stir them too often, they won't brown), but not so long so that they burn. After the first 20 to 30 minutes you may want to lower the stove temperature a little, and add a little more oil, if you find the onions are verging on burning.
- Scrape the browned bits from the bottom of the pan as the caramelization proceeds. As the onions cook down, you may find you need to scrape the pan every minute, instead of every few minutes.
- Continue to cook and scrape until onions are a rich, brown color. At the end of cooking you can add a little balsamic vinegar to help deglaze the pan and bring some additional flavor to the onions.
- Store refrigerated for several days in an air-tight container.

*Adapted from [simplyrecipes.com](http://simplyrecipes.com)*