

July 3, 2019

EST.



2015

FOODSHARE

it's more than just a box of food.

Green Pepper Salad with Tomatoes

This salad is a delicious summer recipe. It's easy to make this naturally vegan salad with only a few ingredients. And it's a great choice to include as part of a plant-based Mediterranean diet.



Ingredients

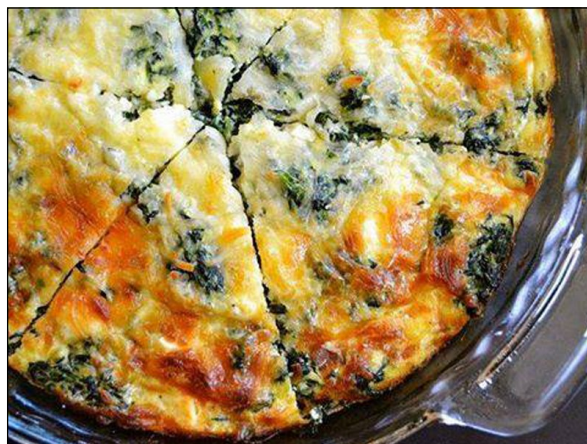
- 2 cups tomatoes cut in cubes
- 1 cup green bell peppers, cut in cubes
- 1 cup green olives (with pimientos)
- 1/4 cup fresh parsley, roughly chopped
- 1 Tablespoon olive oil
- 1 Tablespoon red wine vinegar
- salt and pepper to taste

Instructions

- Combine all the ingredients in a bowl and toss well.
- Refrigerate until ready to serve

Adapted from vegiessavetheday.com

Spinach Mushroom & Feta Quiche



Ingredients

- 8 ounces mushrooms
- 1 clove garlic, minced
- 10 ounces spinach (fresh or frozen)
- 4 large eggs
- 1 cup milk
- 2 ounces feta cheese
- 1/4 cup Parmesan, grated
- 1/2 cup shredded mozzarella
- Salt and pepper to taste

Instructions

- Preheat oven to 350°F. If using frozen spinach, thaw and squeeze out all excess moisture. Rinse any dirt or debris from the mushrooms, then slice thinly. Mince the garlic.
- Add the mushrooms, garlic, and a pinch of salt and pepper to a non-stick skillet spritzed lightly with non-stick spray (or a splash of cooking oil). Sauté mushrooms and garlic until the mushrooms are soft and all of their moisture has evaporated away (5-7 minutes).
- Coat a 9-inch pie dish with non-stick spray. Place spinach in the bottom of the pie dish. Place the sautéed mushrooms on top, followed by the crumbled feta.
- In a medium bowl, whisk together the eggs, milk, and Parmesan. Season lightly with pepper. Pour the egg mixture over the vegetables and feta in the pie dish. Top with the shredded mozzarella.
- Place the pie dish on a baking sheet for easy transfer in and out of the oven. Bake for 45-55 minutes, or until the top is golden brown (ovens may vary). Cut into six slices and serve.

Adapted from budgetbytes.com

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

JULY 2019						
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AUGUST 2019						
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Peach Salsa with Cilantro



Ingredients

- 4 fresh peaches - washed, pitted, and diced
- 1/4 red onion, finely chopped
- 1 tablespoon chopped fresh cilantro
- 1 lime, juiced
- 1 teaspoon white sugar

Instructions

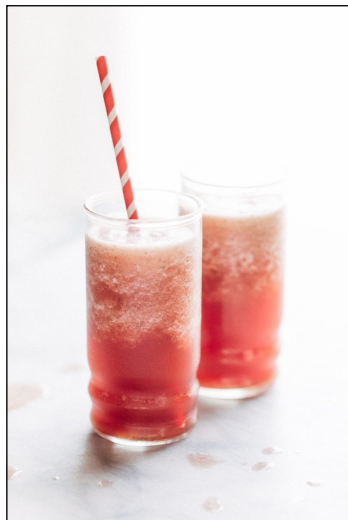
- Mix peaches, onion, and cilantro together in a large bowl; drizzle with lime juice. Sprinkle salsa with sugar; toss to coat. Refrigerate for 30 minutes before serving.

Adapted from allrecipes.com

Watermelon Smoothie

Instructions

1. Cut 2 cups of watermelon into cubes, remove seeds and freeze in quart-size bag overnight.
2. Place frozen watermelon in a blender and add:
 - 1 cup water
 - 1 tablespoon of honey or other sweetener to taste
 - a few mint and/or basil leaves, if you want to take it to the next level
3. Blend the watermelon and the water until smooth. Add the honey and mint and blend another 10-20 seconds until mostly smooth and the consistency of a slushy.
4. Serve immediately.



Adapted from pinchofyum.com

Cabbage & Carrot Stir-Fry with Toasted Cumin & Lime

This is really versatile—you can serve it as a side dish, as a chilled salad (like coleslaw), or use it as a filling for enchiladas. To speed preparation, you can use a packaged coleslaw mix in place of the cabbage and carrots.)



Ingredients

- 1-1/2 teaspoons cumin seeds
- 2 Tablespoons canola oil
- 3/4 teaspoon ground coriander
- 1/2 teaspoon freshly ground black pepper
- 1/2 jalapeño (seeds and ribs removed if you prefer a milder flavor), finely chopped
- 6 cups thinly sliced green cabbage (about 2/3 medium cabbage)
- 2 cups julienned or grated carrots (about 3/4 pound)
- 2-1/2 teaspoons kosher salt
- 1-1/2 teaspoons granulated sugar
- 1/2 cup loosely packed fresh cilantro, finely chopped
- 3 Tablespoons fresh lime juice

Instructions

- Toast 1 teaspoon of the cumin seeds in a small skillet over medium-high heat, stirring frequently, until deeply browned and beginning to smoke, 3 to 5 minutes.
- Transfer to a bowl to cool. Grind to a fine powder in a spice grinder.
- Heat the oil with the remaining 1/2 teaspoon cumin seeds, the coriander, and pepper in a large skillet over medium-high heat, and cook until the cumin is browned, about 2 minutes.
- Add the jalapeño and cook until sizzling and just starting to soften, 30 to 60 seconds, and then add the cabbage and carrots. The pan will be crowded at first.
- Cook, stirring occasionally until the cabbage has wilted yet is still slightly firm, 3 to 4 minutes.
- Stir in the freshly ground cumin, salt, and sugar, and cook for 30 seconds.
- Remove the skillet from the heat and stir in the cilantro and lime juice and taste for seasoning.
- Serve warm, at room temperature, or cold..

Adapted from finecooking.com