

EST.



2015

July 18, 2018

FOODSHARE

it's more than just a box of food.

Yellow Corn & Squash Sauté



Ingredients

- 2 ears corn, husked and cleaned
- 2 yellow squash, diced
- 2 Tablespoons olive oil
- 1 Tablespoon unsalted butter
- 1 Tablespoon chopped fresh parsley (optional)
- salt and ground black pepper to taste

Instructions

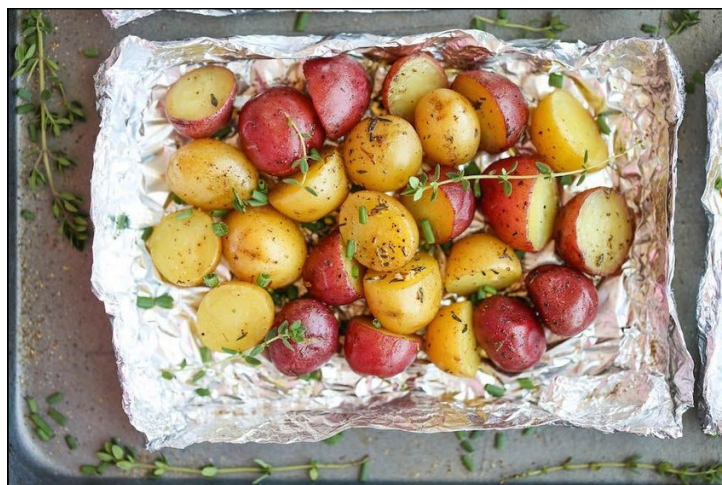
- Place corn into a large pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer until tender, 10 to 15 minutes. Drain and cool corn. Cut corn off the cobs.
- Heat olive oil in skillet and add squash. Cook squash over medium heat until tender, 5 to 10 minutes. Drain any excess water from skillet.
- Stir corn, butter, parsley, salt, and pepper into squash; cook, stirring occasionally, until heated through, about 5 minutes.

Adapted from allrecipes.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		

Easy Potatoes in Foil



Ingredients

- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- Juice of 1 lemon
- Kosher salt and freshly ground black pepper, to taste
- 2 pounds baby red potatoes, halved
- 2 tablespoons chopped chives

Instructions

- Preheat oven to 400 degrees F.
- In a small bowl, whisk together olive oil, garlic, thyme and lemon juice; season with salt and pepper, to taste.
- Cut six sheets of foil, about 12-inches long.
- Divide potatoes into 6 equal portions, about 1 cup per foil packet, and add to the center of each foil in a single layer.
- Fold up all 4 sides of each foil packet. Spoon the lemon mixture over the potatoes. Fold the sides of the foil over the potatoes, covering completely and sealing the packets closed.
- Place foil packets in a single layer on a baking sheet. Place into oven and bake until tender, about 15-20 minutes.
- Serve immediately, garnished with chives, if desired.
- NOTE: (Cooking time may vary depending on the size and thickness of the potatoes.)

Adapted from damndelicious.net

Onion-Apple Pork Chops



Ingredients

- 2 boneless pork loin chops (4 ounces each)
- 1/4 teaspoon no-salt seasoning
- 1/4 teaspoon lemon-pepper seasoning
- 2 teaspoons olive oil
- 1 medium apple, peeled and thinly sliced
- 1 small onion, thinly sliced
- 1/3 cup reduced-sodium chicken broth
- 2 tablespoons maple syrup

Instructions

- Sprinkle chops with no-salt seasoning and lemon pepper. In a large OVEN-PROOF skillet, brown chops in oil. Remove and keep warm.
- In the same skillet, sauté apple and onion in drippings until tender. Stir in broth and syrup. Bring to a boil. Reduce heat; simmer, uncovered, for 5-7 minutes or until liquid is almost evaporated. Return chops to pan.
- Cover and bake at 350° for 15-20 minutes or until a thermometer reads internal temperature of 145°.

Adapted from tasteofhome.com

Sweet + Spicy Grilled Cantaloupe

Ingredients

- 1 Cantaloupe
- Smoked paprika
- Honey

Instructions

- Slice cantaloupe in 1/2" pieces. Sprinkle each side liberally with SMOKED paprika (not regular paprika).
- Preheat grill to medium-high.
- Grill cantaloupe slices 5-7 minutes per side. Remove from grill. Drizzle with honey.



Adapted from lucismorsels.com

Banana Ice Cream



Ingredients

- 4 over-ripe bananas, frozen

Instructions

- Peel the bananas and slice into chunks. Place in a sealed air-tight plastic bag and place in freezer OVER-NIGHT.
- Remove bananas from freezer and allow them to sit at room temperature for 5-7 minutes.
- Place bananas in blender.
- Blend until smooth and creamy. It takes a while, just keep blending!
- When smooth, place in airtight container and freeze for at least 2 hours then scoop and serve!

Adapted from culinarymedicine.org

The Best Pasta Sauce Ever!



Ingredients

- 1 pint of cherry or grape tomatoes - cut into half
- Olive Oil
- 3 cloves of garlic, minced
- 1/4 cup of basil, shredded
- salt and pepper

Instructions

In a medium skillet heat about 1/4 cup of olive oil - add garlic and stir over medium heat. Cover for 5 minutes then add tomatoes. Stir for 2 minutes then cover and lower heat a little bit. Check after 5 minutes - the tomatoes should of burst at this point - and there will be more liquid. Add basil and salt and pepper. Lower heat and cover and heat for at least 5 more minutes. Serve over whole wheat pasta.

Adapted from budgetsavvydiva.com