

**it's more than just a box of food.**



## Tomato Eggplant Zucchini Bake with Garlic and Parmesan



### Ingredients

- 3 medium zucchini — about 1 1/2 pounds
- 1 small/medium eggplant — about 3/4 pound
- 2 cups diced tomatoes (or 1 pint grape tomatoes)
- 1 tablespoon extra-virgin olive oil
- 4 large cloves garlic — minced
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 2/3 cup freshly grated Parmesan cheese — divided
- 1/4 cup chopped fresh basil — divided
- 1/4 cup chopped fresh parsley — divided

### Instructions

- Preheat the oven to 350 degrees F. Lightly coat a deep 9x9-inch baking dish or similar 3 1/2-quart casserole dish with nonstick spray.
- Quarter the zucchini then cut into 1/2-inch slices and place in a large mixing bowl (each piece of zucchini should be roughly 1/2 to 3/4 inches in size). Slice eggplant into 1/4-inch rounds, then stack the rounds and cut into roughly 3/4-inch pieces. Add to the bowl with the zucchini. Add tomatoes to the bowl and drizzle everything with the olive oil. Add garlic, salt, pepper, 1/3 cup of the Parmesan cheese, and half of the basil and parsley. Toss gently to combine.
- Transfer the vegetables to the prepared baking dish. Bake for 25 minutes, cover the pan with aluminum foil, then continue baking for 10 to 20 additional minutes, until the vegetables are tender. Sprinkle with the remaining Parmesan cheese, basil, and parsley.

*Adapted from wellplated.com*

## How to Freeze Bananas

**Don't toss out those overripe bananas! They can be transformed into frozen nuggets of gold, perfect for smoothies.** Start with overripe, spotty bananas (they have much more flavor). Peel and slice into 1 or 2-inch chunks. Arrange in a single layer on a wax paper-lined sheet pan and place in freezer. Make sure they aren't touching! Once frozen, transfer to a freezer-safe bag. Pull out as needed for your favorite smoothie recipe!



## Peach Cucumber Salad



### Ingredients

- 2 cups cucumber, diced
- 1 red bell pepper, diced (about 1 cup)
- 2 peaches, diced (about 2 cups)
- 1/4 cup chopped cilantro or parsley (more to taste)

### Instructions

- In a large bowl, combine cucumbers and red pepper.
- Gently add peach chunks and cilantro.

*Adapted from oatandsesame.com*

## Brown Sugar Roasted Baby Carrots



### Ingredients

- Baby carrots – 12 ounces
- 1 Tablespoon canola oil
- Sprinkle of salt and pepper
- 1 Tablespoon brown sugar

### Instructions

- Heat oven to 425F. Toss carrots in cooking oil and some salt and pepper on a sheet pan. Roast for 25 minutes, shaking once midway through.
- Once baby carrots are done roasting, remove from oven and toss them with brown sugar.

*Adapted from cooksmarts.com*