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2015

August 1, 2018

FOODSHARE

it's more than just a box of food.

Spicy Garlic Oven Roasted Eggplant



Ingredients

- 1 eggplant
- 2 Tablespoons olive oil
- 1 Teaspoon garlic powder
- 1/2 tsp red pepper
- 1+1/2 teaspoon salt-free seasoning
- Kosher salt (to taste)

Instructions

- Preheat the oven to 425 F.
- Line a baking sheet with parchment paper.
- Slice the eggplant into rounds.
- Put eggplant slices on a baking sheet in a single layer.
- Brush the eggplant slices with olive oil on both sides.
- Sprinkle the eggplant slices with garlic powder, red pepper and seasoning.
- Put eggplant in the oven and bake for 25 minutes.
- Remove eggplant from the oven and sprinkle with salt.

Adapted from melaniecooks.com

Mexican Sweet Potato Hash with Black Beans & Spinach



Ingredients

- 2 tablespoons olive oil
- 2 pounds sweet potatoes, cut into 1/2-inch cubes
- 1 large onion, thinly sliced
- One 15-ounce can black beans, rinsed and drained
- 1 teaspoon sea salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1 large handful cleaned spinach, stems removed
- 1 tablespoon lime juice

Instructions

- In a large non-stick skillet, heat the olive oil.
- Cook the potatoes over medium-high heat, stirring occasionally, until brown and tender, about 15 minutes. Turn heat down if they begin to blacken. Add the onion, black beans, salt, cumin, and chili powder. Sauté 3 minutes more, until the onion is soft.
- Carefully fold in the spinach and cook until wilted. Drizzle with the lime juice.
- OPTIONAL: Serve with fried egg (over-easy) on top.

Adapted from feedmephoebe.com

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

| AUGUST 2018 | | | | | | | SEPTEMBER 2018 | | | | | | |
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Roasted Broccoli Stalks



Recipes often focus on the broccoli florets. Roasted stalks are a great way to incorporate the stems and reduce food waste. Just a few simple ingredients make these super tasty!

Ingredients

- 2 large bunches of broccoli stems
- 2 teaspoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon garlic powder (optional)
- 1/8 teaspoon roasted red pepper flakes (optional)
- 2 tablespoons Parmesan cheese, grated

Instructions

- Preheat oven to 375.
- Trim rough outer edges off of broccoli stems then slice into 1/4-inch thick “coins.”
- Mix broccoli pieces with olive oil, salt, pepper and other seasonings (except Parmesan cheese), if using.
- Roast at 375 for 20-30 minutes, stirring once, until tender.
- Sprinkle with Parmesan cheese and serve hot..

Adapted from familyfoodonthetable.com

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—see notes if your eggplant is large)
- 1 pint chopped 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
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh parsley

Instructions

- Preheat the oven to 350 degrees F. Spray a deep 9×9-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 the 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. Drizzle the cut vegetables with the olive oil, then add the 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. Serve warm.
- NOTE: Larger, more mature summer eggplant can have a slightly bitter taste. If you'd like to avoid this (or find eggplant a bit bitter in general), salt the eggplant first, which helps mellow its flavor. Before starting the recipe, cut the eggplant into 1/4-inch thick rounds. Spread the slices on paper towels, then lightly sprinkle them with Kosher salt. Let sit 10 minutes. Pat the slices dry with additional paper towels, then proceed with the recipe as directed.

Adapted from wellplated.com



Americans throw away 40% of food — a problem that costs the average family over \$1,500 a year. We're excited to support the **SaveTheFood** campaign from the Ad Council and the Natural Resources Defense Council. Visit SaveTheFood.com to learn more!

#SaveTheFood