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FOODSHARE

it's more than just a box of food.

Did You Know that Potassium-Rich Foods Help Lower Blood Pressure?



Potassium is a key mineral that the body relies on heavily to function properly. It helps to lower blood pressure by balancing out the negative effects of salt. The more potassium you eat, the more sodium you lose through urine.

Increasing potassium through diet is recommended in adults with blood pressure above 120/80 who are otherwise healthy. Potassium can be harmful in patients with kidney disease, any condition that affects how the body handles potassium, or those who take certain medications. The decision of whether to take excess potassium should be discussed with your doctor.

The recommended potassium intake for an average adult is 4,700 milligrams (mg) per day. How much is that? A medium banana has about 420 mg of potassium and half a cup of plain mashed sweet potatoes has 475 mg. One cup chopped kale has 329 mg of potassium.

When meal planning, consider these fruits and vegetables which are high in potassium:

- Corn
- Cantaloupe
- Mushrooms
- Kale
- Tomatoes
- Potatoes
- Bananas
- Oranges

More information may be found from the American Heart Association at <https://bit.ly/2P2en5u>.

Lemon Parmesan Kale Salad



Ingredients

- 3 cups chopped fresh kale
- 1 Tablespoon olive oil
- 1 Tablespoon lemon juice
- 1/2 teaspoon dried thyme
- pinch of salt and freshly-ground black pepper
- 1/4 cup freshly-grated Parmesan

Instructions

- In a large bowl, whisk together olive oil, lemon juice, thyme, salt and pepper.
- Add kale and Parmesan and toss until the kale is evenly coated then massage the dressing into the kale with your fingers for an extra minute or two until the kale is soft and dark green.
- Serve immediately.

Adapted from gimmesomeoven.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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Yellow Squash Roasted in Lemon and Olive Oil



Ingredients

- 2 pounds yellow squash
- 3-4 tablespoon olive oil
- Pinch of garlic powder
- Pinch of black pepper
- Pinch of paprika
- Kocher salt (to taste)
- 1 large lemon

Instructions

- Preheat oven to 400°
- Prep baking sheet with aluminum foil.
- Rinse squash. Cut off ends, cut into quarters lengthwise and then cut into 1-inch pieces. Do not remove seeds or rinds - both are edible.
- Place squash pieces on baking sheet. Drizzle with olive oil and toss until completely coated.
- Lightly sprinkle garlic powder, pepper and paprika over squash.
- Season squash with salt.
- Squeeze lemon juice over squash.
- Bake for 45 -60 minutes or until squash starts to lightly brown (about an hour).

Adapted from craftycookingmama.com

How Long Can You Store Peppers?



You can refrigerate peppers for up to two weeks or store them at room temperature to keep fresh for about a week.

If you want to keep them longer, cut off tops and slice into thirds. Remove membrane and seeds and lay them flat on baking sheet in freezer. Once frozen, transfer them into a plastic bag and return to the freezer.

Honey Roasted Carrots



Ingredients

- 1 pound baby carrots, washed
- 3 Tablespoons olive oil
- 1/4 cup honey
- Salt and ground black pepper to taste

Instructions

- Preheat the oven to 350 degrees F.
- Place the whole carrots into a baking dish, and drizzle with olive oil. Mix until the carrots are completely covered with olive oil. Pour on the honey, then season to taste with salt and pepper; mix until evenly coated.
- Bake in the preheated oven until just tender, or cooked to your desired degree of doneness, 40 minutes to 1 hour.

Adapted from allrecipes.com

Apple Banana Peanut Butter Smoothie

Ingredients

- 1 apple, cored and diced
- 1 ripe banana
- 1 tablespoon peanut butter
- 2 tablespoons oats
- 1 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1/2 cup low-fat or almond milk

Instructions

- Mix all ingredients in a blender until smooth and creamy.
- Add more water or milk to make the smoothie thinner.



Adapted from natalieshealth.com