2015

FOODSHARE * GOOD HEALTHY RECIPES FOR AL

EST.



Our Labor Day Week Fresh Food Box Pick-Up will be on <u>Wednesday, September 9</u> to allow our staff and volunteers to enjoy the Monday holiday.



Never miss a Fresh Food Box order deadline again! Text FOODSHARE to 33222 and receive reminders every two weeks to order your box and also to pick up your box.

Easy Parmesan Roasted Carrots

August 25, 2020



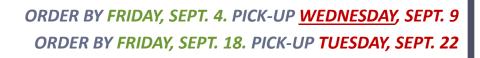
Ingredients

- 1/8 cup olive oil
- 3 cloves minced garlic
- 1 1/2 Tablespoons grated parmesan cheese
- 1 Tablespoon panko bread crumbs (optional)
- 1/4 teaspoon kosher salt (more to taste)
- 1/4 teaspoon ground black pepper (more to taste)
- 2-3 cups baby carrots
- chopped parsley (optional)

Instructions

- Preheat oven to 400°F and line a baking sheet with foil. Spray with non-stick cooking spray.
- Place the olive oil, garlic, parmesan, bread crumbs, salt and pepper in a large zip top bag. Add the carrots and shake until they are well coated. Then spread out onto the prepared baking sheet.
- Bake for 30 minutes, or until tender. Toss with a spatula half way through.
- Remove from oven and serve immediately. Top with fresh parsley if desired.

Adapted from iheartnaptime.net



NEXT ORDER DEADLINES

Turkey Mushroom Meatballs



Ingredients

- 6 ounces Mushroom, chopped in blender
- 2 teaspoons Olive Oil
- 1/2 Large Yellow Onion, dice small
- 2 cloves Garlic, minced
- 1 Large Egg, beaten
- 1/3 cup Breadcrumbs, whole wheat
- 2 teaspoons Tomato Paste
- 2 tablespoons Parsley, dried
- 1/3 cup Parmesan Cheese
- 1/2 teaspoon Salt
- 1/4 teaspoon Black Pepper, ground
- 1/2 teaspoon Basil, dried
- 10 ounces Ground Turkey
- As needed Canola or olive oil spray

Instructions

- Preheat oven to 350 F.
- In a sauté pan, heat up olive oil and sauté diced onion for about 3-4 minutes until golden brown. Stir in garlic and chopped mushrooms.
- Sauté mushrooms for about 5 minutes and let the mixture cool slightly.
- In a large bowl, mix all of the ingredients. Make sure that all of the ingredients are evenly mixed.
- Begin shaping the meat mixture into meatballs, about 1-1/2 inches thick.
- Lightly spray a sheet pan with olive or canola oil spray.
- Cook meatballs in oven for 25 minutes or until done.
- Remove the meatballs from the oven and serve.

Roasted Curried Cauliflower

Ingredients

- 1 large head cauliflower, cored, broken into large florets, florets sliced into 1/2-inch slices
- 1/2 onion, peeled, thickly sliced, root to tip
- 4 cloves garlic, sliced
- 2 Tablespoon lemon juice
- 1/3 cup extra virgin olive oil
- 1 1/2 teaspoons yellow curry powder
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon ground black peppers
- 1/8 teaspoon kosher salt

Instructions

- Pre-heat oven to 425°F with a rack on the top third of the oven. Line a large rimmed baking with foil.
- Put the garlic, lemon juice, olive oil, curry powder, cinnamon, salt, and pepper in a large bowl. Whisk vigorously until well combined.
- Add the cauliflower and onion slices to the bowl with the curry and toss to coat. Spread the cauliflower and onion slices on the baking sheet in a single layer.
- Roast in oven at 425°F for 25 to 30 minutes until well browned. Check halfway through the cooking, and rotate the pan for more even cooking.
- Serve immediately or at room temperature.

Adapted from simplyrecipes.com

Maple Roasted Apples & Plums

Ingredients

- 1 pound apples (about 2-3), sliced
- 1 pound plums (about 4), pitted and sliced
- 1/2 cup pure maple syrup
- 1/2 teaspoon cinnamon
- 2 tablespoons butter, cut into 1/4-inch cubes

Instructions

- Preheat oven to 375 degrees F.
- Toss together the apples, plums, cinnamon, maple syrup and butter on a large sheet pan or rimmed baking sheet.
- Bake for 20-30 minutes, until the apples and plums are tender. Let them cool slightly in the pan, then scoop them into a container with all of the juices that have accumulated.
- Serve over yogurt, sprinkled with some granola, if you like.

