

EST. 2015



Crunchy Oven “Fried” Okra



- 4 cups fresh-cut okra
- 4 tablespoons cornmeal
- 6 tablespoons Italian-style panko breadcrumbs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon grated Parmesan cheese
- 2 eggs beaten
- 3-4 tablespoons canola oil

Instructions

- Preheat the oven to 425 degrees. Combine the cornmeal, panko, salt, pepper, and Parmesan cheese in a gallon-size zip-lock bag.
- In a separate bowl, gently toss the okra with the beaten eggs until evenly coated.
- Pour oil onto a rimmed baking sheet (15x10x1) and place in the preheated oven for just a few minutes to warm up the oil--be careful to not let it start to smoke.
- In the meantime, add the wet okra a little at a time to the bag and shake until coated. If needed, you may add additional cornmeal and panko breadcrumbs -- if the okra isn't coated as much as you like. Carefully add the okra to the hot baking sheet.
- Bake for 15-20 minutes, or until tender, turning the okra halfway through baking. To get a nice golden brown, increase oven heat to broil and watch carefully, stirring as needed.

Adapted from lifeloveandgoodfood.com

Mushroom Spinach Sauté



- 2 teaspoons olive oil
- 2 cups sliced fresh mushrooms
- 2 garlic cloves, minced
- 1 package (5 to 6 ounces) fresh baby spinach
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Instructions

- Preheat the oven to 350 degrees F.
- In a large skillet, heat oil over medium-high heat. Add mushrooms; sauté until tender, about 2 minutes. Add garlic; cook 1 minute longer. Add spinach in batches; cook and stir until wilted, about 1 minute. Season with salt and pepper. Serve immediately.

Adapted from tasteofhome.com

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

SEPTEMBER 2018						
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Turkey Taco Lettuce Wraps



Ingredients

- 1 Tablespoon olive oil
- 3/4 cup chopped yellow onion
- 1 pound 95% lean ground turkey
- 2 cloves garlic
- Salt and freshly ground black pepper
- 1 Tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 cup tomato sauce
- 1/2 cup low-sodium chicken broth
- Romaine lettuce leaves, doubled up, for serving
- For serving: Shredded Mexican cheese, diced Roma tomatoes, diced red onion, diced avocado, chopped cilantro, light sour cream

Instructions

- Heat olive oil in a non-stick skillet over medium-high heat. Add onion and sauté 2 minutes. Add turkey and garlic, season with salt and pepper, and cook, tossing and breaking up turkey occasionally, until cooked through, about 5 minutes.
- Add chili powder, cumin, paprika, tomato sauce and chicken broth. Reduce to a simmer and cook about 5 minutes until sauce has reduced. Serve mixture over lettuce leaves with desired toppings.

Adapted from cookingclassy.com

Peach Tomato Salsa

Ingredients

- 2 cups diced tomatoes
- 1 cup peeled diced peaches
- 1/4 cup diced onion
- 1/4 cup chopped cilantro
- 2 Tablespoons fresh lime juice
- 1-2 fresh Jalapenos (seeded, diced)
- 1-2 cloves grated garlic
- Salt and Pepper (to taste)



(continued in next column)

Instructions

- In a mixing bowl, combine all ingredients and gently toss to combine; cover and refrigerate until ready to serve.

Adapted from thekitchengirl.com

Roasted Rosemary Root Vegetables



There are a variety of root vegetables that you could use for this recipe. So, if you're not keen on one or two of the vegetables listed, feel free to substitute something else. We used a combination that would not only taste great but also look beautiful when served: red-skinned potatoes, sweet potatoes, carrots & beets. Other options would be parsnips, red onions & turnips, to name a few.

Ingredients

- 1 large sweet potato, cut into 1 inch cubes
- 1-1/4 pound Red-skinned Potatoes, Cut Into 1-inch Pieces
- 3/4 pounds Sweet Potato, Cut Into 1-inch Pieces
- 3 Carrots, Cut Into 1-inch Pieces
- 1 pound Beets, Peeled And Cut Into 1-inch Pieces
- 4 Tablespoons Olive Oil
- 3/4 teaspoons Salt
- 3/4 teaspoons Ground Pepper
- 2 Tablespoons Chopped Fresh Rosemary

Instructions

- Preheat oven to 425°F, with oven rack placed in the bottom two positions. Lightly coat two baking sheets with cooking spray.
- In a large bowl, stir together red-skinned potatoes, rutabaga, sweet potato and carrots. Place beets in a medium bowl.
- Drizzle 3 tablespoons of olive oil over the large bowl of vegetables, season with 1/2 teaspoon salt, 1/2 teaspoon pepper and 1 1/2 tablespoon rosemary, and stir to combine. Drizzle remaining 1 tablespoon of olive oil over the beets, season with remaining 1/4 teaspoon salt, 1/4 teaspoon ground pepper and 1/2 tablespoon rosemary, and stir to combine.
- Divide all of the vegetables evenly between the two prepared baking sheets. Roast for 20 minutes, then gently stir the vegetables and rotate the baking sheets from rack to rack, and front to back. Roast until the vegetables are tender when pierced with a fork and golden brown in some spots, an additional 20–25 minutes.

Adapted from thepioneerwoman.com