Greek Style Red Potatoes

Ingredients

- 2-3 pounds small red potatoes
- 1 lemon
- 1/4 cup olive oil
- 1 teaspoon salt
- 1/2 teaspoon oregano
- 1/2 teaspoon paprika
- 2 cloves garlic, minced
- 1 cup low-sodium chicken broth
- 1/4 cup fresh parsley, chopped



Instructions

- Preheat oven to 400 degrees. Wash potatoes and cut into halves or quarters, depending on size. Zest lemon and set zest aside.
- Place potatoes in a 9x13 inch baking dish. Add the juice from the zested lemon, olive oil, spices and garlic. Toss potatoes in the pan until well coated with the oil and spices. Pour the chicken broth into on corner of the pan, so as not to rinse the seasonings off the potatoes.
- Cover and bake for 30-35 minutes. Remove from oven, uncover (keep your foil!) and stir gently. Return potatoes to oven, uncovered, and continue baking for another 30 minutes, or until potatoes are tender.
- Recover potatoes with the foil and let stand for 10-15 minutes before serving.

Adapted from letsdishrecipes.com

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

SEPTEMBER 2019									
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Fall Apple and Chicken Salad with Yogurt Dressing



Making this is simple especially if you have Left-over chicken.

Ingredients

- 2 cups romaine lettuce (chopped) or spinach
- 1 red onion, sliced
- 1 orange, sliced
- 2 apples, cored and thinly sliced
- 2 cooked chicken thigh fillets or breasts (leftovers), cut into strips
- 1 tablespoon lemon juice, freshly squeezed

Dressing

- 1/2 cup plain yogurt
- 2 tablespoons low-fat mayo
- 2 tablespoons pickle or relish juice
- 1/4 cup dill pickles, chopped
- 1/4 cup fresh dill, chopped

Instructions

- Place chopped lettuce and/or spinach in large salad bowl.
- Add onions, oranges, apples and chicken strips. Pour lemon juice over them.
- In a small bowl, combine yogurt, mayo and pickle juice well. Fold in chopped dill pickles and fresh dill.
- Pour it over the salad and serve.

Adapted from giverecipe.com

One-Pan Paprika Chicken with Potatoes and Tomatoes



Ingredients

- 6 to 8 chicken thighs (about 3 pounds, bone-in, skin-on, trimmed of excess fat)
- 2 tablespoons Dijon mustard
- Juice of 1 lemon
- 2 teaspoons paprika
- 4 tablespoons olive oil
- 1-2 pound red or white potatoes
- 1 red onion, cut into 8 wedges
- 6 garlic cloves, smashed
- 4 Roma tomatoes, halved
- Dried herbs (optional)

Instructions

- Heat the oven to 400F.
- With scissors or a sharp knife, trim excess chicken skin and fat from thighs. Sprinkle with salt and pepper.
- Marinate the chicken in sauce: In a large bowl, stir together mustard, lemon juice, paprika, 2 tablespoons oil. Add chicken thighs and toss to coat. Set aside while you chop vegetables.
- Cut potatoes into halves. Peel red onion, cut into 8 wedges. Cut tomatoes in half, but keep them separate from the other vegetables.
- In large baking dish, toss potatoes, onion, garlic and remaining 2 tablespoons of olive oil. Spread evenly in the pan.
- Arrange chicken around vegetables and scrape any extra sauce over top. Bake at 400°F for 30 minutes, uncovered.
- Remove pan from oven, scatter tomatoes on top, and return pan to oven.
- Bake for another 25 to 30 minutes, or until the potatoes are tender.

Adapted from simplyrecipes.com

Apple and Corn Salad



Ingredients

- 2 large apples, cored and cut into 1/2 inch cubes
- 1 teaspoon lemon juice
- 4 ears corn, removed from the cob, cooked, then cooled
- 1/4 cup low-fat mayonnaise
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons parsley, fresh, finely chopped

Instructions

- In a large bowl, toss the diced apples with the lemon juice immediately to prevent the apples from browning.
- Add the corn, mayonnaise, salt, ground black pepper, and parsley. Toss well to coat.
- Transfer to food-safe container and refrigerate for a minimum of 2 hours before serving.

Adapted from lordbyronskitchen.com

Black Pepper Zucchini Chips

Ingredients

- 2 zucchini
- 1 Tablespoon olive oil
- 1/2 cup Parmesan cheese
- 1 teaspoon black pepper
- 1 teaspoon garlic powder

Instructions

- Preheat the oven to 450 degrees
- Thinly slice the zucchini into chips and toss them in olive oil, cheese, garlic powder, and pepper. Cover a baking sheet in foil and spread out



the zucchini in a single layer. bake for 18-22 minutes until crispy. To make them extra crispy, place a rack on top of the baking sheet and cook the zucchini on the rack so the top and bottom both crispy up well.

Adapted from slenderkitchen.com