

Cauliflower Rice Stuffed Peppers



Ingredients

- 3 bell peppers any color
- 2 Tablespoons olive oil
- 2 cups fresh cauliflower finely grated to make "rice"
- 2 large handfuls of baby spinach
- 3/4 cup canned no-salt crushed tomatoes or sliced fresh cherry or grape tomatoes.
- 1/2 cup shredded cheddar cheese
- 1/4 cup shredded (or grated) Parmesan
- 1/2 cup water
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt

Instructions

- Preheat oven to 350 degrees F.
- Sauté cauliflower rice in olive oil, garlic powder, and salt for about 5 minutes.
- Add baby spinach and tomatoes. Cook until spinach has wilted and cauliflower rice is lightly browned, but not too mushy.
- In a separate bowl, mix together the cheddar and Parmesan cheese.
- Cut peppers in half and remove seeds. Place them in a baking dish with 1/2 cup of water in the bottom.
- Divide the cauliflower mixture evenly between the peppers and then top them with the cheese.
- Cover the baking dish with aluminum foil and bake for 45 minutes. Then, remove the aluminum foil and broil for another 4-5 minutes until cheese is golden brown

Adapted from carrotsncake.com

Curry Baked Sweet Potato Fries



Ingredients

- 2 Sweet potatoes
- 2 Tablespoons Olive oil
- 1-2 teaspoons curry powder
- 1/4 teaspoon crushed red pepper flakes

For Dipping Sauce

- 1/3 cup Greek yogurt
- 1/4 teaspoon ground cumin
- 1 teaspoon olive oil
- Salt to taste

Instructions

- Preheat oven to 425 degrees F.
- Cut sweet potatoes into 1/3-inch sticks and toss in a large bowl with olive oil, curry powder, red pepper flakes.
- Spread in single layer on baking sheet and bake for 30-40 minutes until crisp, turning half-way through.
- Stir together the Greek yogurt, cumin, olive oil and salt to make a dipping sauce.

Adapted from joythebaker.com

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

SEPTEMBER 2018								OCTOBER 2018						
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Honey Garlic Green Beans



Ingredients

- 4 tablespoons honey
- 2 tablespoons reduced-sodium soy sauce
- 4 garlic cloves, minced
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 1+1/2 to 2 pounds green beans

Instructions

- Whisk together first five ingredients into a sauce and set aside. In a 6-quart stockpot, bring 10 cups water to a boil. Add beans in batches; cook, uncovered, just until crisp-tender, about 2-3 minutes. Remove beans and immediately drop into ice water. Drain and pat dry.
- Coat stockpot with cooking spray. Add beans; cook, stirring constantly, over high heat until beans are slightly blistered, 2-3 minutes. Add sauce; continue stirring until beans are coated and sauce starts to evaporate slightly, 2-3 minutes. Remove from heat.

Adapted from tasteofhome.com

Awesome Roasted Baby Carrots



Ingredients

- 3-4 cups (about one pound) baby carrots
- 1/4 cup olive oil
- 3-4 garlic cloves, minced
- 1 Tablespoon grated Parmesan
- 2 Tablespoons Panko bread crumbs
- 1 teaspoon kosher salt
- 1/2 teaspoon fresh ground black pepper
- 1/4 cup chopped parsley (optional)

Instructions

- Preheat oven to 400 degrees.
- Spray a baking sheet with nonstick cooking spray.
- Toss the carrots in a bowl with the oil, garlic, Parmesan, breadcrumbs, and seasoning.
- Spread onto roasting pan and roast 20-25 minutes, until the carrots are tender, stirring once or twice with a spatula while roasting.
- When done, place in your serving dish and sprinkle the parsley on top.
- Serve immediately,

Adapted from mysteryloverskitchen.com

Parmesan Garlic Cabbage



Ingredients

- 2 1/2 Tablespoons olive oil
- 3 garlic cloves minced
- 1 onion finely sliced
- 7 handfuls shredded green cabbage
- 1/2 cup shredded parmesan
- Salt and pepper to taste

Instructions

- Heat oil in a large skillet over high heat.
- Add garlic and onion cook for 2 minutes until onion is translucent.
- Add cabbage and cook until wilted.
- Stir through parmesan, season to taste with salt and pepper. Serve!

Adapted from realhousemoms.com