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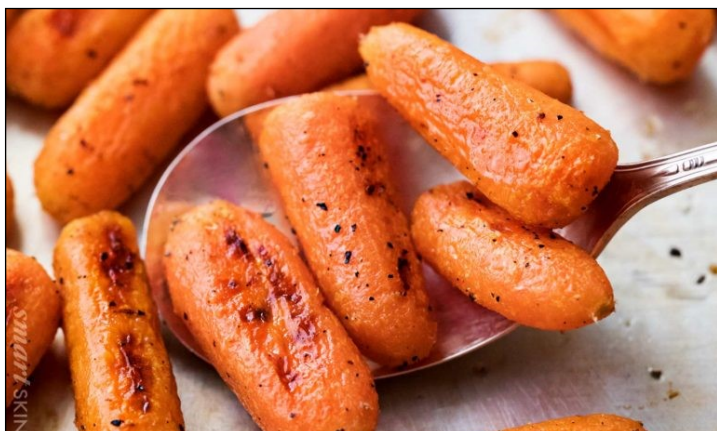
2015

September 25, 2019

# FOODSHARE

\* GOOD HEALTHY RECIPES FOR ALL \*

## Simple Sheet Pan Roasted Baby Carrots



### Ingredients

- 1 bag baby carrots, thinly sliced diagonally
- 1 1/2 Tablespoons olive oil
- 3/4 teaspoon kosher salt
- 1/4-1/2 teaspoon black pepper

### Instructions

- Preheat oven to 450 F degrees.
- Add carrots and oil to large mixing bowl and toss to coat.
- Add salt and pepper and toss again to combine.
- Transfer carrots to extra large rimmed baking sheet.
- Roast 30-40 minutes, stirring once or twice during cooking.

Adapted from chunkychef.com

## Baked Parmesan Garlic Potato Wedges



### Ingredients

- 3-4 large russet potatoes, sliced into wedges
- 4 tablespoons olive oil
- 2 teaspoons salt
- 2 teaspoons garlic powder
- 2 teaspoons Italian seasoning
- 1/2 cup shredded parmesan cheese
- Optional: fresh parsley or cilantro

### Instructions

- Preheat oven to 375. Prepare a large baking sheet lightly with olive oil and set aside.
- Place potato wedges in a large bowl. Drizzle with olive oil and toss to coat.
- In a small bowl whisk together salt, garlic powder, and Italian seasoning.
- Sprinkle potato wedges with the shredded cheese, tossing to coat, then sprinkle with the seasoning mixture.
- Place potato wedges on prepared baking sheet in a single layer with skin-sides-down.
- Bake for 25-35 minutes until potatoes are fork-tender and golden.
- Sprinkle with freshly chopped parsley.

Adapted from kitchmenow.info

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

OCTOBER 2019						
Su	Mo	Tu	We	Th	Fr	Sa
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NOVEMBER 2019						
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## Turkey Mushroom Meatballs



### Ingredients

- 1 Tablespoon olive oil (+ 1 Tablespoon more later)
- 1 clove garlic, minced
- 1 bunch green onions, minced
- 8 ounces mushrooms, finely chopped
- Garlic powder, Kosher salt and ground pepper to taste
- 1 pound ground turkey meat
- 1 1/2 teaspoons dried basil
- 1 Tablespoon Dijon mustard
- 1/4 teaspoon curry powder (optional)

### Instructions

- Heat 1 Tablespoon olive oil in a large skillet on medium heat.
- Add the garlic and onion and sauté for a few minutes.
- Add the mushrooms, season all with garlic powder, salt and pepper to taste and continue to cook/sauté until they soften and shrink, about 4 minutes.
- Remove from pan and allow to cool.
- In a large bowl, add all of the rest of the ingredients, the cooled mushroom mixture and season with salt and pepper to taste.
- Mix with large round spoon until JUST combined. Do not over mix.
- Using plastic gloves, form mixture into meatballs. Because the mixture will be very sticky, coat hands lightly with olive oil. This will enable you to better handle and form your meatballs.
- Heat 1 Tablespoon olive oil in a large skillet on medium low heat.
- When oil is hot, add meatballs and cook, flipping constantly with spatula or tongs to get the meatballs cooked on all sides.
- Make sure to keep the heat low at first and increase if they are not browning nicely.

*Adapted from hungryhappens.com*

## Simple Fresh Grape Tomato Sauce



### Ingredients

- 2 cups fresh grape tomatoes
- 2 cloves garlic sliced
- 3 fresh basil leaves
- 1/2 tablespoon olive oil

### Instructions

- Slice grape tomatoes in half and set aside. Slice fresh garlic cloves and set aside.
- In a medium saucepan, heat olive oil on medium-heat until crackling. Add fresh garlic and sauté for a minute or two until fragrant, but not browned.
- Add sliced grape tomatoes and fresh basil, stir. Cook until grape tomatoes start to burst open, about 6 minutes.
- Scoop half of the grape tomatoes into a food processor or blender. Blend until smooth.
- Add blended tomatoes back into the saucepan, and stir until heated. Add salt and pepper to taste. Simmer for 5 minutes to meld flavors. Serve warm over whole-wheat pasta.

*Adapted from pastabased.com*

## Need More Healthy Recipe Ideas?

**We've collected some terrific recipes to help you turn your FoodShare box into healthy delicious meals!**

[www.foodshare.org/recipes/](http://www.foodshare.org/recipes/)

**Check it out!**