

803-851-4461

EST.



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FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

Carrots & Beets with Thyme



Ingredients

- Beets, peeled and cut into 1/2 inch cubes
- Carrots, peeled and cut into 1/2 inch slices (on the diagonal)
- Olive oil, to coat
- Kosher salt
- Fresh thyme (to taste), chopped

Instructions

- Preheat the oven to 400 degrees.
- Place the beets and carrots on a single layer on two separate sheet trays. Drizzle with enough olive oil to coat all of the vegetables. Sprinkle generously with salt and a sprinkle of fresh thyme. Place in the oven.
- Check the vegetables for doneness often. The exact amount of time will vary depending on your oven and the size of your cuts, but the carrots will cook faster than the beets. Carrots may take around 30 minutes and the beets took around 60. They will be lightly caramelized and tender when finished.
- Eat hot out of the oven or at room temperature..

Adapted from culinarycolleen.com

Garlic Herb Roasted Potatoes



Ingredients

- 3 pounds potatoes
- 3 Tablespoons olive oil
- 2 Tablespoons minced garlic, about 6-7 cloves
- 2 Tablespoons fresh parsley, or other herbs
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Instructions

- Preheat your oven to 400 degrees Fahrenheit. Cut the potatoes into bite-sized pieces and place in a mixing bowl with the olive oil, minced garlic, parsley, salt and pepper.
- Toss everything together until well coated.
- Transfer the potatoes to a sheet pan and spread them out in one even layer. For an extra crispy side, make sure they're cut side down on a baking sheet. Roast the potatoes for 45-55 minutes, stirring halfway through, until golden and browned.
- Transfer the potatoes to a serving bowl. If you'd like, sprinkle a little extra parsley on top before serving

Adapted from downshiftology.com

**NEXT ORDER
DEADLINES**



ORDER BY **FRIDAY, OCT. 16.** PICK-UP **TUESDAY, OCT. 20**

ORDER BY **FRIDAY, OCT. 30.** PICK-UP **TUESDAY, NOV. 3**

Avocado Corn Bean Salad



Ingredients

- 1 1/2 cups corn kernels (3-4 ears)
- 1 pound grape tomatoes
- 14 oz can chickpeas rinsed
- 14 oz can black beans rinsed
- 1/4 cup chopped parsley or basil
- 1/4 cup extra virgin olive oil
- 2 Tablespoon lemon juice
- 1/2 teaspoon kosher salt or to taste
- 1/4 teaspoon black pepper
- 1 avocado diced

Instructions

- Peel the corn on the cob and remove the silks.
- Fill a large pot oven about half full with water. Bring the water to a boil over medium heat.
- Add the peeled corn on the cob. Cover and return to a boil. Cook for 5-7 minutes.
- Remove the corn on the cob from the hot water and place on a cutting board. Allow to cool and slice from the cob with a chef knife.
- In a bowl, combine all ingredients except the avocado.
- If serving right away, gently stir in the avocado, and season the salad to taste with additional salt and pepper, as necessary. Adding the avocado at the end keeps it from getting mashed up.
- Ideally, allow the salad to sit for at least 10 minutes, to let the flavors meld.
- If you're not serving the salad right away, you can mix everything together except for the avocado, then add the avocado right before serving. The salad will keep this way in the fridge for a couple days. Enjoy!

Adapted from fifteenspatulas.com

Kale & Tomatoes with Egg & Toast



Ingredients

- 2 teaspoons olive or canola
- 1 bunch of kale, removed from stalk and chopped
- 1 garlic clove, crushed
- 1/2 teaspoon red chili flakes
- 2 large eggs
- 2 slices multigrain bread
- 10-12 cherry tomatoes, halved
- 1 Tablespoon feta cheese, crumbled

Instructions

- Heat the oil in a frying pan over a medium heat and add the kale, garlic and chili flakes. Cook, stirring occasionally, for 4 minutes until the kale begins to crisp and wilt to about half its size. Set aside.
- Cook eggs in frying pan until desired doneness, turning once.
- Serve over whole wheat toast with and sprinkle feta and sliced tomatoes.

Adapted from bbcgoodfood.com

The Seasons Are A-Changing!

Here's to Fall! The weather is starting to cool off a bit and Autumn's bumper crop of fruits and vegetables will begin to offer an exciting new range of flavors and textures. We look forward to this time of year and are excited you are on this healthy cooking journey with us!

