

EST.



2015

October 9, 2019

# FOODSHARE

\* GOOD HEALTHY RECIPES FOR ALL \*

## Grilled Peppers & Onions



### Ingredients

- 1 1/2 Tablespoons olive oil
- 2 large green pepper, stemmed, cored, and sliced
- 2 medium red onions, sliced
- 1/2 Tablespoons fresh oregano, finely chopped (1/2 teaspoons dried oregano works too.)
- 1/2 teaspoon salt

### Instructions

- Over medium-high heat, add the oil, peppers, onions, oregano, and salt to a large skillet and stir to combine, until the vegetables are even coated with oil and oregano.
- Cook until charred and slightly softened but still tender-crisp, about 7 minutes.
- Remove from heat and serve.

*Adapted from [layersofhappiness.com](http://layersofhappiness.com)*

## Roasted Eggplant Tomato Salad



### Ingredients

- 1 container mushrooms (optional)
- 1-2 Eggplants
- 3-4 Roma tomatoes
- 1 Onion
- 3 Garlic Cloves
- 2 Tablespoons of Olive Oil
- 2 Tablespoons Maple Syrup or Honey
- Sea Salt and Black Pepper to taste
- Sprinkle of toasted nut (optional)

### Instructions

- Preheat the oven to 340 degrees F
- Wash tomatoes and place on a baking tray lined with baking paper. Slice the eggplant in quarter-sized chunks. Slice mushrooms (optional) in half and add to eggplant tray.
- Peel and cut onion in half and slice into strips. Peel and finely slice the garlic cloves and add both to the tray. Add olive oil, syrup, and season with sea salt and black pepper to taste. Mix all that goodness together and pop into the oven to bake until golden brown.
- Garnish your roasted eggplant mushroom salad with some fresh parsley leaves and dig in!

*Adapted from [letsbrightenup.com](http://letsbrightenup.com)*

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

OCTOBER 2019						
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NOVEMBER 2019						
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## Grilled Pineapple



### Ingredients

- 1 large ripe pineapple
- 2 Tablespoons honey
- 2 Tablespoon freshly squeezed lemon or lime juice

### Instructions

- Trim, core, and peel pineapple. Cut into quarters from top to bottom.
- In a small bowl, combine honey, and lemon or lime juice. Brush glaze onto both sides of each piece of pineapple.
- Preheat oven to 400 degrees. Spray sheet pan with non-stick cooking spray or line with foil.
- Roast in oven for 25 minutes. Goes well with roasted chicken or fish.

*Adapted from [yourhomebasedmom.com](http://yourhomebasedmom.com)*

## Yellow Squash and Corn Sauté



### Ingredients

- 2 ears corn, husked and cleaned
- 2 yellow squash, diced
- 1/2 cup water
- 1 Tablespoon butter
- 1 1/2 teaspoon olive oil
- 1 Tablespoon chopped fresh parsley (optional)
- Kosher salt and ground black pepper to taste

### Instructions

- Place corn into a large pot and cover with salted water; bring to a boil.
- Reduce heat to medium-low and simmer until tender, 10 to 15 minutes. Drain and cool corn. Cut corn off the cobs.
- Place squash into a skillet and add water. Cook squash over medium heat until tender, 5 to 10 minutes. Drain any excess water from skillet.
- Stir corn, butter, olive oil, parsley, salt, and pepper into squash; cook, stirring occasionally, until heated through, about 5 minutes.

*Adapted from [allrecipes.com](http://allrecipes.com)*

# Pears

## What's so great about pears? A lot!

- Pears contain Vitamin C which keeps our immune system strong and helps our bodies heal quickly.
- One medium pear contains approximately 22% (6g) of our daily recommended amount of fiber. Fiber helps with healthy digestion and keeps us feeling full. Eating enough fiber has been shown to keep our hearts healthy too.
- Pears have lots of taste and very few calories. One medium pear contains only 100 calories, making for a healthy and low-cal snack!
- A medium pear does contain about 17 g of sugar, however. If your diet calls you to watch your sugar levels, keep that in mind.

