



October 10, 2016

# FOODSHARE

it's more than just a box of food.

## Scrambled Peppers & Eggs



### Ingredients

- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 red or green bell peppers, chopped
- 1 jalapeño, chopped, optional (discard seeds)
- 1 tablespoon minced garlic
- Dash of salt and ground black pepper
- 4 eggs, beaten

### Instructions

- Put oil in a large skillet over medium-high heat. Add onion and cook, stirring occasionally, until it's translucent, 1 or 2 minutes.
- Add peppers, jalapeno, and garlic, and sprinkle with salt and pepper. Cook, stirring occasionally, until peppers are brightly colored but not too soft, 4 to 6 minutes.
- Reduce heat to medium-low and pour in eggs. Cook, stirring occasionally with a wooden spoon or rubber spatula, until eggs are cooked, 3 to 8 minutes.

*Adapted from cooking.nytimes.com*

## Simple Roasted Plums



### Ingredients

- 4-5 ripe plums, (about 1 pound)
- 1 1/2 teaspoons lemon juice (juice of 1 lemon)
- 1/2 tablespoon sugar or brown sugar

### Instructions

- Preheat oven to 425°F.
- Slice plums in half and remove pits.
- Toss the plums with lemon juice in a large bowl; sprinkle sugar over top and toss once again.
- Arrange the plums cut-side up in a shallow baking dish.
- Roast for 20 to 25 minutes, or until tender.
- If the juices in the pan begin to burn, add a little water and cover the pan loosely with aluminum foil. Let cool slightly before serving.

*Adapted from eatingwell.com*

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

OCTOBER 2018							NOVEMBER 2018						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	

## Roasted Beet & Apple Salad



### Ingredients

- 3 beets peeled & quartered
- 1/4 cup walnuts chopped
- 1 apple cored & sliced
- 1 Tablespoon lemon juice
- 3 Tablespoons olive oil extra virgin
- 1 Tablespoon apple cider vinegar
- 3 Tablespoons parsley chopped
- 1/4 tsp salt

### Instructions

- Pre heat oven to 400°
- With cooking spray, lightly spray a piece of foil large enough to loosely wrap quartered beets.
- Place beets on oiled side of foil, and loosely wrap to make a sealed package.
- Put foil wrapped beets on a baking sheet in center of oven and roast 30-45 minutes until tender.
- In the last 5 minutes of roasting time, spread walnuts on the baking sheet alongside the roasting beets to toast.
- Remove beets and walnuts from the oven, remove beets from foil, and allow to cool.
- When beets are cool, slice the quarters into thinner wedges.
- Make dressing, by whisking lemon juice, olive oil, vinegar, parsley, and salt together in a bowl.
- Add apple slices, beet slices, and walnuts to the bowl and toss with the dressing.
- Serve immediately, or refrigerate and serve chilled.
- RECIPE NOTE: Beets can be roasted ahead of time, (maybe when you have something else in the oven) cooled and kept in the fridge until ready to make the salad.

*Adapted from thefoodblog.net*

## The Story on Salt

One teaspoon of salt contains approximately 2300 milligrams of sodium. The American Heart Association recommends no more than 2,300 milligrams (mgs) a day and an ideal limit of less than **1,500** mg per day for most adults, especially for those with high blood pressure.



## Cucumber Salad

### Ingredients

- 2 or 3 cucumbers peeled and sliced
- 1 green onion (sliced thinly)
- 1 cup plain yogurt
- 1/4 cup apple cider vinegar
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper or more to taste
- 1/4-1/2 teaspoon dill weed (optional)



### Instructions

- Layer cucumbers and onion in bowl.
- Mix yogurt, vinegar, sugar, salt, pepper and dill weed (if desired) in a small bowl.
- Pour over cucumbers and onions and stir to combine.
- Refrigerate until ready to serve.
- Stir a few times before serving to marinate cucumbers.

*Adapted from cantstayoutofthekitchen.com*

## Jalapeño Sweet Corn Salsa



### Ingredients

- 2 ears corn (cut off cob)
- 1 jalapeño ribs and seeds removed, minced
- 1/2 onion minced
- 1 large garlic clove minced
- 2 tablespoons finely chopped cilantro
- 4 Roma tomatoes, diced
- 1 teaspoon sea salt
- 1/4 cup lime juice

### Instructions

- Toss the corn kernels with the jalapeno, onion, garlic, tomatoes, salt and lime juice. Let the salsa stand for at least 10 minutes, tossing occasionally, or overnight.
- Serve the salsa alongside tortilla chips as an appetizer or as a garnish for tacos.

*Adapted from feedmephoebe.com*