

EST.



2015

October 22, 2019

FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

New Home! New Schedule!



New FoodShare Hub Location

It feels like going home! We are happy to announce that we have moved to a new temporary home for packing and distribution of FoodShare Fresh Food Boxes! With the closing of the Save-A-Lot, we were required to relocate and the **Katheryn M. Bellfield Booker Washington Heights Cultural Arts Center** at 2611 Grant Street graciously opened their doors to us! We operated out of the Bellfield Center prior to moving to the Save-A-Lot in January 2017. We appreciate the Bellfield Center's commitment to our mission of serving the community and providing fresh food access!

New Distribution Day

With the move to the Bellfield Center, we needed to shift our Food Box distribution day to **Tuesday**. An updated calendar is below and we look forward to serving our community with this new schedule through the end of the year. **Please also make note of our special holiday dates below!**

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

NOVEMBER 2019						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	Closed		30

DECEMBER 2019						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	Closed		27	28	
29	30	31	Closed			

Microwave Zucchini & Tomatoes



While oven roasting is best, there's a time and place for microwaved food. This quick dish packs a lot of fiber and tastes great!

Ingredients

- 2 medium zucchini, quartered lengthwise and sliced
- 1 container of baby tomatoes (cut in half)
- 2 Tablespoons olive oil
- 1 Tablespoon balsamic vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- Parmesan cheese (optional)

Instructions

- In a large microwave-safe bowl, toss zucchini and tomatoes with olive oil and stir to coat. Stir in balsamic vinegar, and add a generous sprinkle of salt and pepper.
- Cook for 4 minutes on high, or until veggies are just tender. Season with salt and freshly ground black pepper and sprinkle with Parmesan (optional).
- Cover until ready to serve while still hot.

Adapted from onelovelylife.com

Taco Stuffed Sweet Potatoes



Ingredients

- 2 medium sweet potatoes
- 1 pound lean ground beef
- 1 cup onions, diced
- 3 cloves garlic, minced
- 1/2 cup tomato sauce, homemade or store bought
- 2 teaspoons cumin powder
- 2 teaspoons onion powder
- 1 teaspoon smoked paprika
- 1 1/2 teaspoon salt
- Black pepper to taste
- 2 tablespoons olive oil
- 1/2 cup water or beef broth

For the Salsa

- Trim, core, and peel pineapple. Cut into quarters from top to bottom.
- 2 medium tomatoes, diced
- 1/4 cup red onion, diced
- 1 green bell pepper, diced
- 1 teaspoon jalapeño, chopped (remove seeds for less heat)
- Fresh cilantro, chopped (optional)
- 1 Tablespoon fresh lime juice
- 1 small garlic clove, minced
- Salt and pepper to taste

Instructions

- Pre-heat oven to 400F.
- Line a baking sheet with foil or parchment paper.
- Wash sweet potatoes and scrub thoroughly.
- Using a fork, poke sweet potatoes all over and place on baking sheet. Bake for 50-60 minutes or until sweet potatoes are tender and easily pierced through to the

center with a fork.

- While the sweet potatoes are baking in the oven, prepare the ground beef. In a skillet, add olive oil over medium high heat.
- Add the ground beef and brown until no longer pink. Reduce the heat to medium and add onion and garlic. Sauté until onions are translucent.
- Add all the spices and mix everything well to combine.
- Pour over the tomato sauce and water. Reduce the heat to low, cover with a lid and cook for 20-25 minutes. Don't forget to stir occasionally.
- Meanwhile, make the salsa by combining all the ingredients in a medium-size bowl. Set aside. (Cover tightly and refrigerate for up to 5 days if you have leftover).
- To assemble, cut the warm baked sweet potatoes down the center lengthwise. Fill with taco turkey meat and top with salsa. Serve immediately or store separately in meal-prep containers in the refrigerator until ready to reheat and eat during the week.

Adapted from primaverakitchen.com

Sautéed Mushrooms and Spinach



Ingredients

- 2 teaspoons olive oil
- 2 cups sliced fresh mushrooms
- 2 garlic cloves, minced
- 1 package fresh spinach
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Instructions

- In a large skillet, heat oil over medium-high heat.
- Add mushrooms; sauté until tender, about 2 minutes. Add garlic and cook 1 minute longer.
- Add spinach in batches. Cook and stir until wilted, about 1 minute. Season with salt and pepper.
- Serve immediately.

Adapted from tasteofhome.com