



October 24, 2018

FOODSHARE

it's more than just a box of food.

Broiled Grapefruit & Bananas



Ingredients

- 1 grapefruit, halved
- 1 teaspoon honey
- Ground ginger or cinnamon, to taste
- Sliced bananas or strawberries

Instructions

- Preheat your oven broiler.
- Cut grapefruit in half and place on a baking sheet.
- Place the banana and/or strawberry slices on top of each grapefruit half.
- Drizzle some honey on top of each half, and sprinkle with some ground ginger or cinnamon.
- Place the grapefruit under the broiler until slightly browned (about 5 to 6 minutes).

Adapted from shewearsmanyhats.com

How To Bake a Butternut Squash



Did You Know That Butternut Squash Can Be Baked WHOLE in the Oven?

- Preheat oven to 400°F.
- Wash squash. Pierce the end of the squash twice with a pairing knife so that steam can escape while cooking.
- Bake for 60-90 minutes, depending on the size.
- Slice in half from top to bottom. Remove seeds.
- Scoop the flesh out of the skin and use as desired. (Like the recipe on the other side of this page.)

Adapted from biteofdelight.net

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

NOVEMBER 2018							DECEMBER 2018						
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Garlicky Mashed Butternut Squash



Ingredients

- Baked butternut squash from previous recipe on other side
- 1 entire bulb of garlic
- Extra virgin olive oil
- Salt
- Black pepper
- 1/4 cup low-sodium vegetable broth

Instructions

- Preheat oven to 400°F.
- Peel most of the paper off of the garlic, but make sure you keep the bulb intact. Use a sharp knife to cut the top part of the garlic bulb off. You'll want to trim about 1/4 inch" off.
- Drizzle the tops of exposed cloves with a little olive oil and sprinkle with pinch of salt and black pepper. Cover the bulb with foil and bake for about 40 minutes, until the cloves are soft. The garlic is done when deeply golden brown and completely soft.
- Place the pre-cooked butternut squash into a bowl.
- Squeeze the roasted garlic out of the paper into the same bowl and add the vegetable broth. Mash everything together with a potato masher or large fork. You can go as creamy or as lumpy as you like. Taste and season with more pepper, as needed.
- Serve warm.

Adapted from diannesvegankitchen.com

Greek Lemon Chicken with Onions & Tomatoes



Ingredients

- 8 chicken thigh cutlets (skin on), trimmed
- 1 tablespoons olive or canola oil
- 2-3 sweet potatoes cut in cubes (skin on) Make sure potatoes are not too big or they will not cook in time.
- 1 medium red onion, cut into wedges
- 4 garlic cloves
- 1/2 cup low sodium chicken stock
- 2 medium lemons
- 1-2 tomatoes cut in large chunks
- Dried parsley and/or basil to flavor. Ms. Dash is a great no-salt alternative.

Instructions

- Preheat oven to 400°F. Toss chicken, potatoes, onion and garlic in oil. Arrange on large roasting pan.
- Pour stock over ingredients. Grate rind of 1 lemon over chicken. Juice the remaining lemon over ingredients. Cut the other lemon in large wedges and roast with chicken. Season with salt and pepper.
- Roast for 25 minutes. Add tomatoes and roast another 10-15 minutes.

Adapted from taste.com.au

Avocado Dressing

Ingredients

- 1 avocado, peeled & pitted
- 1/2 cup plain yogurt
- 1/4 cup extra-virgin olive oil
- 3 tablespoons lemon juice
- 2 cloves garlic
- 1 teaspoon sea salt
- 1/4 teaspoon hot pepper sauce
- 1/8 teaspoon ground black pepper



Instructions

- Blend avocado, yogurt, olive oil, lemon juice, garlic, sea salt, hot sauce, and black pepper together in a blender until smooth. Serve with your favorite salad ingredients.

Adapted from allrecipes.com