



November 11, 2018

# FOODSHARE

it's more than just a box of food.



## FOODSHARE Thanksgiving SCHEDULE

Order Deadline: Friday, November 16

Pick-Up on **TUESDAY**, November 20

FOODSHARE will be closed on Thursday and Friday of Thanksgiving, November 22 & 23, 2018.

### Roasted Grape Tomatoes



### Ingredients

- 1 pint grape tomatoes
- 3 sprigs fresh thyme or oregano
- 1 teaspoon olive oil
- 1 garlic clove, smashed
- Coarse salt and ground pepper

### Instructions

- Preheat oven to 450 degrees. On a rimmed baking sheet, toss tomatoes with thyme or oregano, olive oil, and garlic, if using; season with salt and pepper. Roast until tomatoes are very soft and skins have split, 8 to 10 minutes. Serve with crackers or sliced and toasted wheat French bread.

*Adapted from marthastewart.com*

### Kale Bell Pepper Chicken with Garlic

#### Ingredients

- 3-4 chicken breasts or thighs
- salt & pepper
- 1 teaspoon paprika
- 1 teaspoon crushed red pepper flakes
- 1/2 cup low sodium chicken stock
- 2 red or green bell peppers, sliced into long strips
- 3 cloves garlic, minced
- 1/2 white or yellow onion, sliced into thin strips
- 4 cups torn kale (stem removed)



#### Instructions

- Heat a large skillet over medium-high heat. Generously rub each side of the chicken breasts with salt, pepper, and paprika. When the pan is hot, add the chicken, turn the heat down to medium and do not move at all for at least 5-7 minutes.
- After 5-7 minutes, flip the chicken over. Add red pepper flakes and chicken stock. Cook another five minutes before adding the bell peppers, garlic, and onion. Stir gently around the chicken as the vegetables cook. After about 7 minutes, when the chicken is nearly done, add the kale and gently cook it for 2 minutes, or until wilted.
- Season the vegetables with pepper, and serve warm along with a grain of your choice.

*Adapted from thekitchenpaper.com*

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

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

## Easy Pineapple Shrimp Stir-Fry



### Ingredients

- 1 pound shrimp peeled
- 1 small onion, coarsely chopped
- 1 bell pepper, seeded and cut into bite size pieces
- 2 cups fresh pineapple, cut into bite size pieces
- 2 green onions, chopped
- 2 Tablespoon fresh ginger, grated
- 1 Tablespoon low-sodium soy sauce

### Instructions

- Coat a non-stick skillet with cooking spray or oil and heat over medium-high heat. Add onions and bell pepper and sauté for about 30 seconds to a minute.
- Add shrimp and sauté until they start to turn pink. Add pineapple and continue cooking.
- Add ginger and soy sauce. Serve warm. Add your favorite hot sauce or Sriracha for heat.
- For extra nutritional value, add spinach or kale.

*Adapted from thehealthyfoodie.com.*

## Curried Roasted Carrots

### Ingredients

- 1 pound carrots
- 1 1/2 Tablespoons olive oil
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon Kosher salt
- 1 Tablespoon honey, or to taste



### Instructions

- Preheat oven to 425 degrees F.
- Slice carrots into thirds on diagonal and toss with olive oil, curry powder and salt directly on baking sheet. Roast, stirring with a spatula a few times to prevent sticking and burning, until tender, 25-30 minutes. Toss roasted carrots with honey directly on baking sheet. Taste and add more salt, pepper or honey if desired. Spread in single layer on baking sheet and roast for 25-30 minutes until tender, turning once halfway through.

*Adapted from onceuponachef.com.*

## Black-Eyed Pea and Zucchini Patties



### Ingredients

- 1 cup black-eyed peas, cooked
- 1 cup brown rice, cooked
- 1 cup zucchini squash, grated
- 1 bell pepper, seeded and chopped small
- 1 small white onion, chopped small
- 3 cloves garlic, minced
- 2 teaspoons low-sodium soy sauce
- 1 1/2 cup bread crumbs
- 1 Tablespoon smoked paprika
- 1 teaspoon dried cumin
- 2 teaspoons coriander
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 2 eggs
- Pan spray

### Instructions

- Pre-heat oven to 350°F
- In a medium bowl, lightly mash the beans and rice together with a fork until thoroughly combined, leaving some beans chunky
- Fold in the remaining ingredients and mix well.
- Add eggs and mix well. If mixture is too dry, add 1 tablespoon of water. If it is too wet, add 1 tablespoon of flour at a time.
- Divide mixture into six patties about 1/4 inch thick and about 4 inches around, about the size of a regular hamburger. Set aside.
- Heat a large sauté pan over medium-high heat. Spray with cooking spray. Carefully place the patties into the pan in a single layer and allow to cook for about 3-5 minutes on each side, or until browned.
- After searing the patties, transfer to a baking pan lined with parchment paper and bake in the oven until firm. This will depend on the thickness, but will be around 10 minutes. Remove from oven.
- Serve on top of salads, as a burger, or in a pita with lettuce and tomato and other toppings of your choice.
- Once cooled, you can also freeze individual patties by wrapping in plastic and thaw them out for a quick lunch or dinner!

*Adapted from culinarymedicine.org*