



November 19, 2019

Easy Roasted Chicken & Cabbage



Ingredients

- 5 teaspoons olive or canola oil
- 3 Tablespoons low-sodium soy sauce
- 1 Tablespoon vinegar
- 1 Tablespoon Sriracha or hot sauce (optional)
- 4-8 pieces bone-in, skin-on chicken thighs or drumsticks
- 1 pinch salt and pepper to taste
- 1 head cabbage, 2 to 3 pounds

Instructions

- Preheat the oven to 425°F. Spray sheet pan with non-stick cooking spray.
- In a small bowl, stir together the oil, soy sauce, vinegar, and Sriracha (if using). Place chicken in a large bowl. Season all over with salt and pepper. Pour 1/4 cup of

the liquid you prepared over the chicken and let marinate while the oven preheats. (Chicken can marinate longer, too, but try, if time permits, to bring it to room temperature before cooking.)

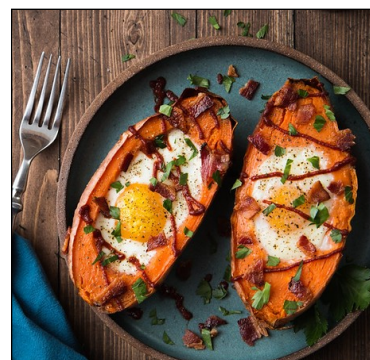
- Cut the cabbage in half through the core. Cut again through each core and repeat this process until you are left with many wedges, no greater than 1-inch wide. Place the wedges in a large bowl, season all over with salt and pepper, and toss with the remaining dressing.
- Spread chicken evenly on prepared sheet pan and roast for 10 minutes. Remove pan from oven, and nestle cabbage wedges all around the pieces, tucking it under if necessary—it will feel like a lot of cabbage. Roast for 20 to 25 minutes more or until chicken is golden and cooked through. Remove pan from oven, transfer chicken to a platter to rest. Return cabbage to the oven to roast for 10 to 15 minutes more, or until juices have reduced and edges of cabbage wedges are caramelized.

Adapted from food52.com

Sweet Potato & Egg Breakfast Boats

Ingredients

- 1 very large sweet potato
- 1/2 teaspoon
- 2 slices nitrate-free uncured turkey bacon
- 2 eggs
- Hot sauce
- salt and pepper



Instructions

- Preheat oven to 350 F.
- Wash and dry sweet potato. Place in a baking dish, rub with olive oil, and sprinkle with salt. Bake on center rack for about 60 minutes, or until tender.
- Meanwhile, cook the bacon according to package directions.
- Remove the potato from the oven, and cut in half lengthwise. Using a spoon, scoop out a well in the center of each half for the eggs. Crack an egg into each sweet potato half and season with salt and pepper. Return to oven for 20-25 minutes, or until the eggs are cooked to your liking. Rest potato halves against edge of dish to keep from tipping.
- Remove from the oven, and crumble the bacon over the top. Serve with your favorite hot sauce and enjoy!

Adapted from willcookforfriends.com

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

NOVEMBER 2019						
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DECEMBER 2019						
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Tuscan Vegetable Soup

Ingredients

- 1 (15-ounce) can low-sodium cannellini beans, drained and rinsed
- 1 tablespoon olive oil
- 1/2 large onion, diced (about 1 cup)
- 2 carrots, diced (about 1/2 cup)
- 2 stalks celery, diced, (about 1/2 cup)
- 1 small zucchini, diced (about 1 1/2 cups)
- 1 clove garlic, minced
- 1 tablespoon chopped fresh thyme (or 1 teaspoon dried)
- 2 teaspoons chopped fresh sage (or 1/2 teaspoon dried)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 32 ounces low-sodium chicken broth or vegetable broth
- 1 (14.5-ounce) can no salt added diced tomatoes
- 2 cups chopped baby spinach leaves
- 1/3 cup freshly grated Parmesan, optional

Instructions

- In a small bowl mash half of the beans with a masher or the back of a spoon, and set aside.



- Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, 1/2 teaspoon of salt and 1/4 teaspoon of pepper, and cook stirring occasionally until the vegetables are tender, about 5 minutes.
- Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.
- Serve topped with Parmesan, if desired.

Adapted from foodnetwork.com

Whole Roasted Cabbage



Ingredients

- 1 large head cabbage (stem cut off so it sits flat)
- 3 Tablespoon melted butter
- 1 Tablespoon dijon mustard
- 2 Teaspoon maple syrup
- 1 Teaspoon Worcestershire sauce (optional)
- 1/2 Teaspoon garlic powder
- Salt
- Freshly ground black pepper
- 2 Tablespoon stalks celery, cut into quarters
- 2 medium carrots, peeled and cut into thirds
- 1/2 yellow onion, quartered
- 1 Tablespoon extra-virgin olive oil
- 3 Teaspoons dried Italian herb mixture
- 1/2 cup low-sodium vegetable broth, divided
- 1 Tablespoon freshly chopped parsley, for garnish

For the Gravy

- 4 Tablespoon butter
- 1/2 onion, finely chopped
- 1 package mushrooms, finely chopped
- 2 Teaspoons dried Italian herb mixture
- 3 Tablespoon all-purpose flour
- 3 cups low-sodium vegetable broth

Instructions

- Preheat oven to 400°.
- In a bowl, whisk together melted butter, mustard, maple syrup, Worcestershire, and garlic powder, and season with salt and pepper.
- In a large bowl, combine celery, carrots, onion, oil, and herbs. Season with salt and pepper and toss to coat.
- Place vegetable mixture in oven-safe skillet. Nestle cabbage on top of the vegetables. Brush with half the melted butter mixture. Pour half of vegetable broth into the bottom of the skillet and cover with foil.
- Bake for 45 minutes then remove foil and brush with remaining butter mixture. Add remaining 1/4 cup broth and bake 45 minutes or until cabbage is tender and slightly charred. (Pierce cabbage with knife to check.)
- Make gravy: In a small saucepan over medium heat, melt butter. Add onion and cook, stirring until soft, 6 minutes. Stir in mushrooms and herbs and season with salt and pepper. Cook, stirring occasionally, until mushrooms are soft and golden, about 4 minutes. Stir in flour and cook 1 minute, then whisk in 3 cups of broth and bring mixture to a boil. Reduce heat to low and simmer until mixture has thickened to your desired consistency, 5 minutes. (Add more broth if desired.)
- Slice cabbage into large wedges and serve with gravy. Garnish with parsley and serve hot.

Adapted from delish.com