

EST.



2015

November 20, 2018

# FOODSHARE

it's more than just a box of food.

## Thanksgiving Quesadillas



### Ingredients

- 1/2 pound cooked turkey, coarsely chopped
- 8 (8-inch) whole wheat flour tortillas
- 2 cups leftover vegetables (You can use anything! Try mushrooms, turnips, spinach and even green beans.)
- 1 cup shredded Monterey Jack cheese
- Plain Greek yogurt for serving (optional)
- Salsa for serving (optional)

### Instructions

- Heat a nonstick skillet over medium heat and spray with cooking spray.
- Place tortillas on a flat surface, such as a plate or cutting board.
- Top one tortilla with a sprinkle of cheese, 1/2 cup of vegetables and 1/4 of the turkey, followed by another generous sprinkle of cheese and a second tortilla. Carefully transfer to the skillet and cook for 4 to 5 minutes per side\* or until tortillas are golden and cheese is melted.
- Remove from skillet and set aside to cool slightly. Repeat steps to make remaining quesadillas.
- Slice each quesadilla into four pieces and serve with a spoon each of salsa and yogurt.

*\*Flip Tip: Top quesadilla with a dinner plate while still in the skillet. While holding the plate in place, flip over the skillet and place quesadilla onto the plate – then slide it back into the skillet, uncooked side down, to finish cooking.*

Adapted from [foodnetwork.com](http://foodnetwork.com)

## Orange Pork Chops

### Ingredients

- 1 pound boneless pork chops
- 1 teaspoon Kosher salt
- 1/4 cup low-sodium soy sauce
- Black pepper, freshly ground, to taste
- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 2/3 cup fresh squeezed orange juice
- 1 1/2 Tablespoons brown sugar
- 2 teaspoons water
- 1 teaspoon corn starch



### Instructions

- Season both sides of pork chops with salt and pepper. Heat oil in a skillet over medium high heat. Cook pork chops 3 to 4 minutes per side until browned and no longer pink in the center. Remove from skillet and set aside.
- Reduce heat to medium. Add garlic and sauté for about 30 seconds. Add orange juice, soy sauce and brown sugar. Bring to a boil, scraping up any brown bits on the bottom of the pan. Mix together water and corn starch in a small bowl and pour mixture into the skillet while stirring constantly. Simmer for 2 to 3 minutes or until the sauce has thickened. Return pork chops to the skillet, turn to coat each side with sauce, and cook for 1 minute or until heated through.

Adapted from [kitchme.com](http://kitchme.com)

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

DECEMBER 2018						
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## Roasted Vegetable Turkey Frittata



### Ingredients

- 1 tablespoon extra virgin olive oil
- 2 cups roasted vegetables (whatever you have leftover from your Thanksgiving dinner)
- 3/4 cup cooked turkey chopped
- 6 large eggs
- 1/2 cup milk
- 1/2 teaspoon salt
- 1 tablespoon fresh basil chopped
- 1/4 cup shredded low-fat cheddar cheese

### Instructions

- Preheat oven to 400 degrees.
- Heat olive oil in 10 inch skillet over low-medium heat.
- Add roasted vegetables and turkey. Mix well for a few minutes.
- In a medium bowl, mix together eggs, milk and salt until thoroughly combined.
- Add basil and cheddar cheese to egg mixture.
- Pour mixture into skillet. Remove from heat.
- Place in preheated oven and bake for 15-20 minutes until it puffs up, the middle is set and the edges are light brown. Let cool before serving.

*Adapted from laurenkellynutrition.com.*



## 4 Tips for Healthy Holiday Eating

It's easy to get swept up in the holiday season. Don't deprive yourself, but keep healthy habits in mind!

1. Bring on the veggies and eat them first!
2. Eat slowly and savor each bite.
3. Do not skip meals to "make room."
4. Avoid the food coma by going for a walk after a meal.

## Sweet Potato Hash



### Ingredients

- 2 Tablespoons olive oil
- 3 medium sweet potatoes, skin-on and diced into equal, bite-size chunks
- 1/2 medium white onion, diced
- 2 stalks celery, diced
- 3/4 teaspoon Kosher salt
- 1/2 teaspoon ground black pepper
- 2 cloves garlic, minced
- Sliced green onions, for garnish

### Instructions

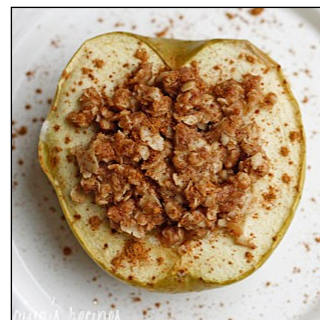
- Heat oil in large pan over medium-high heat.
- Add the potatoes, onion and celery to the oil and sprinkle with the salt and pepper. Stir to combine.
- Cover and cook for 15-20 minutes, stirring occasionally, until the potatoes are almost tender.
- Turn the heat to high and add the garlic, stirring to combine. Cook on high for 2-5 more minutes until sweet potatoes are nicely browned.
- Serve hot and with sliced green onions, if desired.

*Adapted from asweetpeachef.com.*

## Delightfully Baked Apples

### Ingredients

- 2 large apples, cut in half
- 2 Tablespoon butter, melted
- 2 Tablespoons brown sugar
- 2 Tablespoons all purpose flour
- 4 Tablespoons quick oats
- Pinch of cinnamon



### Instructions

- Preheat oven to 350°F.
- Cut apples in half and remove core and seeds with a paring knife or spoon
- In a small bowl combine butter, brown sugar, flour, oats and cinnamon. Spoon on top of the apple halves and sprinkle with cinnamon.
- Place on a cookie sheet and bake for 30 minutes.

*Adapted from skinnytaste.com*