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2015

November 5, 2019

FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

How to Roast a Butternut Squash



Instructions

- Preheat oven to 400 degrees F.
- Carefully cut the butternut squash in half.
- Use a metal spoon to scoop out all the seeds.
- Cover baking sheet with foil or parchment paper and place butternut squash halves on it flesh side up.
- Rub each side with a small amount of olive oil and season with pepper.
- Roast 50 to 60 minutes, until flesh is fork-tender.
- The roasted squash can then be scooped out and used as a side dish or as the base for a soup. (See the recipe on the other side of this recipe card!)
- Enjoy!

Adapted from shelikesfood.com

Cook Beets Like A Boss!



Preparing beets depends a bit on how you intend to cook them, but there are a few basic steps to get you started.

First, if your beets still have green tops, be sure to remove them once you get home – they will continue to leech nutrients out of the beets as they sit.

Like potatoes, beets are often covered in soil. When ready to cook, wash and dry the beets thoroughly.

Depending on the cooking technique you are using, you may need to peel your beets before cooking. Bear in mind that beet juice does stain. Try to peel beets on a glass cutting board or on a plate to avoid staining your plastic or wooden cutting board, and wear gloves if you do not want to stain your hands.

Slow Roasting

Wash the beets, leaving the skins intact. Place each beet on a piece of aluminum foil, and drizzle with olive oil and a pinch of salt. Wrap in the foil, and place on a baking sheet. Roast at 400 degrees for about an hour, until the beet is tender to the core when pierced with a skewer or fork. Remove skin before eating. Skin can be removed by holding in a paper towel and use the edges of the paper to rub the skin away. The skin should peel away easily; if it doesn't, the beets likely need to cook for a little longer. Be careful if beets are still hot!

Quick Roasting

If you don't have time to wait for your beets to roast whole, you can speed up the process by cutting them first. Peel the beets raw, then slice or chop into chunks. Place on a baking sheet with olive oil and salt, and roast at 400 degrees for 30-40 minutes, until tender.

Adapted from organicauthority.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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Butternut Squash Soup



Ingredients

- 1 Tablespoon olive oil
- 1 medium onion chopped
- 1 clove garlic chopped
- 1 apple peeled and chopped
- 3 cups low-sodium chicken broth
- 2 cups butternut squash roasted and mashed

Instructions for Stovetop

- In a medium sauce pot, heat oil over medium high heat. Sauté onion, stirring occasionally, until brown. Add garlic and apple and stir for 1-2 more minutes.
- Add chicken broth and roasted squash. Bring soup to a boil. Reduce heat to low and allow to simmer for about 20 minutes.
- Process soup through a blender or with an immersion blender until smooth. Season with salt and pepper as desired.

Instructions for Slow Cooker

- In a medium sauce pot, heat oil over medium high heat. Sauté onion, stirring occasionally, until brown. Add garlic and apple and stir for 1-2 more minutes. Transfer to slow cooker.
- Add chicken broth and roasted squash. Heat on low for 2-4 hours. Process soup through a blender or with an immersion blender until smooth. Season with salt and pepper as desired.

Instructions for Instant Pot

- Using sauté mode on Instant Pot, heat oil. Sauté onion, stirring occasionally, until brown. Add garlic and apple and stir for 1-2 more minutes.
- Add chicken broth and roasted squash. Close lid and set to high pressure for 10 minutes. Quick release pressure when done. Process soup through a blender or with an immersion blender until smooth. Season with salt and pepper as desired.

Adapted from selfprocaimedfoodie.com

Foil Packet Potatoes & Sweet Corn



Ingredients

- 4 baby potatoes cut into 4 pieces each
- 1-2 ears corn on the cob cut into 3-4 pieces
- 3 cloves garlic thinly sliced
- 1/4 onion roughly chopped
- 1 Tablespoon butter (cut into pieces)
- 1 teaspoon dried herbs (basil, oregano, thyme)

Instructions

- Start by making small aluminum foil packets. Doubled-lined is good.
- Preheat to 450°F.
- Add the potatoes to one half of the foil. Be sure to keep them about 2 inches away from the edge.
- Add the other ingredients in the order listed (corn, garlic and onion).
- Dot with pieces of butter.
- Bring the other half of the foil over the veggies.
- Fold the 2 side edges of the foil first. Keep it tight so that steam doesn't escape.
- Fold the last edge tightly.
- Place packet on a baking tray and place the tray in the oven for 25 minutes or until done.

Adapted from healingtomato.com