



FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

Roasted Zucchini with Garlic



Ingredients

- 1 pound zucchini, each cut in half across the middle, then each half quartered lengthwise
- 1 teaspoon fresh minced garlic cloves
- 1 tablespoon extra virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 1/2 No-Salt Italian seasoning

Instructions

- Place a rack on the top rack spot of the oven and pre-heat oven to 450°F.
- Place the zucchini and garlic in a bowl and toss with olive oil.
- Spread the zucchini out onto a foil or silicone-lined sheet pan, skin side down. Sprinkle with salt (1/4 to 1/2 a teaspoon).
- Roast the zucchini at 450°F for 8-15 minutes, or until it begins to brown. (Start checking at about 7 minutes and keep checking every few minutes.)
- Once the zucchini has started to brown at the edges, remove it from the oven and place the zucchini in a bowl. Gently mix in the Italian seasoning, salt and pepper to taste.

Adapted from simplyrecipes.com

Three Ways to Peel Garlic



We use garlic a lot in our recipes. Regular FoodShare Box participants have probably noticed that. We're not going to apologize. We simply love garlic! If you need a refresher or are not sure of the best way to peel garlic, here are three tried and true methods.

Knife Method

Remove an individual clove of garlic from the larger bulb. Trim off the root. Place the clove under a large chef's knife, with the blade facing away from you. Press down gently using the palm of your hand until you hear or feel a crack. Remove the skins and use as directed.

Jar Method

Take a garlic bulb and remove as many cloves as you need. Add them to a mason jar or other container and screw on the cap. Shake the jar for 10 seconds or so. The skins will break away. Remove the peeled garlic from the jar and trim off the root, then use as directed.

Microwave Method

This is a great method if you will be using a lot of garlic. Place the entire bulb of garlic in the microwave and cook in high for about 20 seconds. Remove from the microwave and let cool about the same amount of time. Remove cloves from the bulb and peel them. Trim off the root. Then use the garlic as directed by the recipe. Store any unused garlic in the refrigerator.

Adapted from fromthegrapevine.com

2021 SCHEDULE CHANGE!!



**ORDER DEADLINE WILL BE THURSDAY. PICK-UP WILL BE WEDNESDAY.
ORDER BY THU. JAN 7. PICK-UP WED. JAN. 13.**

Sauteed Spinach with Tomatoes



Ingredients

- 2 Tablespoons olive oil
- 3 garlic cloves, sliced
- 1 ripe tomato, diced
- 10 ounces spinach
- salt and fresh cracked pepper, to taste

Instructions

- In a medium-size skillet, heat olive oil and add the garlic. Simmer on low heat for a few minutes, stirring until the garlic is translucent, about 2 minutes.
- Toss in the diced tomato and sauté for a few minutes, until tomatoes soften. Season with a little salt and pepper, to taste.
- Toss in the baby spinach, and cover with a lid. Simmer on low for about 2 to 4 minutes. Stirring occasionally the spinach to infuse all the flavors together. Spinach will be done as soon as it wilts.
- Taste, and season with salt and pepper, if desired. Turn off heat and transfer to a plate and serve.

Adapted from 2sistersrecipes.com

Garlic Mashed Red Potatoes

Ingredients

- 2 pounds red potatoes, quartered
- 3-4 garlic cloves, peeled
- 2 tablespoons unsalted butter
- 1/2 cup nonfat milk, warmed
- 1/2 teaspoon salt
- 1/4 cup grated Parmesan cheese



Instructions

- Place potatoes and garlic in a large pot and cover with water. Bring to a boil then cover and reduce heat.
- Simmer for 20-25 minutes or until the potatoes are tender.
- Drain well, then return potatoes to the pot.
- Add the butter, milk and salt and mash well. Stir in Parmesan cheese.

Adapted from food.com

Whole Wheat Penne with Mushrooms, Spinach & Tomatoes



Ingredients

- 8 ounces whole wheat penne pasta
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1/4 cup onion, thinly sliced
- 3/4 cup low-sodium chicken or vegetable broth
- 10 ounces mushrooms, rinsed and lightly patted dry
- 1 Tablespoon No-Salt Italian seasoning blend
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 3-4 tomatoes, diced
- 5 ounces spinach

Instructions

- Cook your pasta in a pot of lightly salted water, according to the package directions, while you proceed with the rest of the recipe.
- Heat the oil to medium-high in a large skillet. When the oil is hot, add the garlic and onion and cook 2-3 minutes, until the onion is soft and translucent.
- Add the broth and allow it to simmer about 2 minutes.
- Add the mushrooms, Italian seasoning, salt, and pepper to the skillet. Mix so that the seasonings are evenly distributed among the mushrooms. Allow to cook, stirring frequently, until the mushrooms are tender and reduced in size, about 6-8 minutes.
- Add the tomatoes to the skillet. Allow to simmer for about 10 minutes. The sauce should reduce slightly.
- Add the spinach and stir until it begins to wilt, about 2-3 minutes.
- Add the cooked penne to the skillet and stir to mix with the other ingredients.

Adapted from happyhealthymama.com