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EST.



2015

December 17, 2019

FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

Roasted Veggie Platter



A roasted vegetable platter is always a good idea. It adds color, nutrients and works well with just about everything. Perfect for entertaining or for meal prep so that you have a stocked fridge ready for any meal. Quantity depends on number of people serving. For all: Clean and leave skin on. The most important thing is to cut vegetables in similar thickness to make cooking easier!

Ingredient Ideas

- Bell Pepper: 2 any color, cut in half, stem and seeds removed
- Zucchini: 2-3, sliced long ways in 1/8 - 1/4 inch thick pieces, then in half to make "half-moon"
- Yellow Squash: 2-3, sliced long ways in 1/8 - 1/4 inch pieces, then in half to make "half-moons"
- Eggplant: 1, sliced long ways in 1/8 - 1/4 inch thick pieces, then in half to make "half-moon"
- Mushrooms: 1 carton, can be roasted whole or sliced
- Onions: 1-2 yellow onion cut into thick chunks
- Olive oil
- Kosher Salt
- Pepper (optional)
- Fresh Basil (for mushrooms, optional)

For Roasted Peppers

- In preheated broiler, roast peppers for approximately 20-30 minutes, rotating once midway through, or until blackened. You want them black so that the skin peels off easier.
- Remove from oven and place in a brown paper bag, seal and let cool for about 15 minutes.
- Remove from bag and the blacked skins should peel off easily.
- Slice peppers into strips.

For Remaining Veggies

- Preheat oven to 400 degrees.
- One vegetable at a time, gently toss in olive oil. Lay in a single layer on individual baking sheets. Sprinkle with salt and pepper. We like to also sprinkle the mushrooms with basil.

How Long to Bake?

- Zucchini & Squash- 30 minutes or until tender and just starting to crisp.
- Eggplant - 30 minutes or until tender and just starting to crisp.
- Mushrooms - 25 minutes or until tender.
- Tomatoes - 10 minutes or until tender.
- You can grill or roast ahead of time! This will be a huge time saver and they will taste just as great.
- Store each vegetable separately in air tight containers in the refrigerator for up to several days.
- Reheat veggies in a skillet or simply let them get to room temperature before serving.

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

DECEMBER 2019						
Su	Mo	Tu	We	Th	Fr	Sa
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22	23	Closed		27	28	
29	30	31	Closed			

JANUARY 2020						
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Adapted from healthyfamily.com

Sweet Potato Fritters



Ingredients

- 1 medium sweet potato, grated (2 cups grated)
- 2 eggs
- 1/2 cup Panko or regular bread crumbs
- 1/4 cup flour
- 1/4 cup grated Parmigiano cheese
- 2 teaspoons dried oregano
- 1/2 teaspoon garlic salt
- Extra virgin olive oil

Instructions

- In a medium bowl, mix together all ingredients, except oil, until well combined.
- Form the mixture into 2-inch patties. You will have 8 total patties.
- In a large skillet, heat a thin layer of oil over medium heat. When the oil shimmers, add the fritters to skillet.
- Cook the skillet until they are golden brown, 3-4 minutes per side.

Adapted from happyhealthymama.com

Caramelized Onions

Ingredients

- Several onions, sliced thin
- Extra virgin olive oil

Instructions

- Heat olive oil in large skillet and add onion.
- Cook and stir. As soon as the onions start sticking to the pan, let them stick a little and brown, but then stir them before they burn. Continue to cook and scrape, cook and scrape, until the onions are a rich, browned color, approximately 20-30 minutes.



Adapted from simplyrecipes.com

Whole Roasted Cauliflower with Brown Sugar & Chili



The majority of the effort in this roasted whole cauliflower is in the prep work, and even that is quite minimal!

Ingredients

- 1 cauliflower head
- 1/4 cup extra virgin olive oil
- 3 Tablespoons brown sugar (or coconut sugar)
- 1 1/2 Tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon black pepper
- 1 teaspoon salt
- *Optional: pomegranate seeds and fresh parsley*

Instructions

- Remove any leaves from the cauliflower and cut the stem out from the base of the cauliflower. Make sure you don't cut too deep so the head of cauliflower remains intact. Wash the cauliflower and allow it to dry a few minutes.
- Blend all spices together in a small bowl with a fork or whisk.
- Whisk in the 1/4 cup of olive oil.
- Place cauliflower in a shallow sheet pan and drizzle/brush the spice mixture over the cauliflower.
- Roast up the cauliflower for 45 minutes to 1 hour, or until a knife inserts easily into the cauliflower. (Baking time will depend on the size of your cauliflower.)
- Remove from oven and serve.
- *Optional: If you're feeling extra fancy, serve the roasted cauliflower with pomegranate seeds and fresh parsley.*

Adapted from sweetpeasandsaffron.com