

EST.



2015

December 3, 2019

FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

Garlic Mashed Turnips & Potatoes



Ingredients

- 2 medium or 1 large turnips
- 2 medium-sized russet potatoes
- 4 cloves garlic
- 2 Tablespoons butter
- 2 Tablespoons milk
- Kosher salt & pepper, to taste
- 1 handful of green onion tops, chopped

Instructions

- Wash, peel and cut the turnips and potatoes into 1-inch cubes (you can leave peeling on potatoes for more taste and fiber). Peel the garlic cloves.
- Place the turnip, potato and garlic into a large stockpot and cover with water.

- Heat on medium-high and bring to a boil, cooking for about 20 minutes until veggies are fork-tender. Add a dash of salt to the water while it's boiling.
- Drain, and transfer turnips, potatoes and garlic back into the pot and get mashing! You can mash manually with a potato masher, but you can also get the job done in a stand mixer using the paddle attachment.
- Add in butter, milk, onion tops, salt and pepper and mix, mash and taste, adjusting seasonings as needed. We like to leave our mixture a bit lumpy for texture. Then you're ready to serve!

Adapted from flavorpalooza.com

Spinach Hummus



Ingredients

- 2 (15-ounce) cans chickpeas
- 2 tablespoons olive oil
- 1 lemon juiced
- 2 garlic cloves roughly chopped
- 2-3 cups baby spinach
- 3-4 teaspoons cumin
- 2 teaspoons salt
- 1 teaspoon pepper

Instructions

- Drain and rinse the chickpeas in a strainer under cool water.
- Combine everything in your food processor or blender. Process the hummus until it becomes smooth, about 2 minutes. As needed, scrape down the sides to incorporate each ingredient.
- Taste and adjust seasonings. To serve, spread out on a platter, sprinkle with a little paprika, and enjoy with raw vegetables or pita wedges.

Adapted from theurbanlife.com

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
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	Closed		27	28	
29	30	31	Closed			

JANUARY 2020						
Su	Mo	Tu	We	Th	Fr	Sa
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15-Minute Garlic Chicken with Broccoli & Spinach



With easy to manage ingredients like chicken breasts, broccoli, and spinach, this dish is prepared in one pan in less than a half-hour for a fast no-fuss dinner and quick clean-up. It's super straightforward to customize to your style. Add red bell peppers, asparagus, sliced carrots, or your other favorite veggies to make this dish all your own.

Ingredients

- 1 pound chicken breasts cut into 1-inch pieces
- 2 tablespoons olive oil
- 1 teaspoon Italian seasoning
- 1/4 teaspoon crushed pepper optional
- salt and pepper to taste
- 3-4 cloves garlic minced
- 1/2 cup tomatoes chopped
- 2 cups broccoli florets
- 2 cups baby spinach
- 1/2 cup parmesan cheese
- 4 ounces low-fat cream cheese

Instructions

- Heat 2 tablespoons olive oil in a large saucepan over medium-high heat.
- Add the chopped chicken breasts, season with Italian seasoning, crushed red pepper, and salt & pepper.
- Sauté for 4-5 minutes or until chicken is golden and cooked through.
- Add the garlic and sauté for another minute or until fragrant.
- Add the tomato, broccoli, spinach, shredded cheese, and cream cheese.
- Cook for another 3-4 minutes or until the broccoli is cooked through.
- Serve with cooked whole-wheat pasta, brown rice, zucchini noodles or cauliflower rice.

Adapted from gimmedelicious.com

Easy Orange Salad Dressing



Ingredients

- Juice of 1 1/2 oranges [about 1/3 cup]
- 1/2 Tablespoon raw honey
- 2 Tablespoon white wine vinegar
- 1/2 Tablespoon olive oil
- 1/4 teaspoon Kosher salt
- 1/4 teaspoon fresh black pepper

Instructions

- In a food processor or blender, combine all of the ingredients and blend until smooth. You can also make the dressing without either appliance. Just add everything to a bowl and whisk vigorously.
- Makes approximately 8 ounces of dressing.
- Shake or stir before use.
- Store in refrigerator up to 1 month.

Adapted from thefitchen.com

Caramelized Plum Oatmeal Bowls

Ingredients

- 2 plums pitted & sliced
- 1 tsp honey
- Sprinkle of ground cinnamon
- 1 cup rolled oats
- 1 1/2 cups water

Instructions

- Place a large, non stick frying pan on medium heat. Arrange the plum pieces in the frying pan and drizzle with the honey, stirring to coat both sides of the plum slices. Cook the plums on both sides until they are browning and tender, and the honey is caramelizing. Take them off the heat.
- Place the rolled oats in a large microwave-safe bowl with the water, and microwave on high for 3 minutes. The oats should bubble right up at the end of the cooking time and be really creamy.
- Spoon the oatmeal into bowls and arrange the caramelized plums on top. Sprinkle with cinnamon and serve.



Adapted from berrysweetlife.com