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EST.  2015

December 31, 2019

FOODSHARE


* GOOD HEALTHY RECIPES FOR ALL *

2015

Ingredients

- 2 pounds red potatoes
- 3/4 cup Greek yogurt
- 1 teaspoon dried dill
- 2 Tablespoons chopped fresh green onion tops
- 1 teaspoon Dijon mustard
- 1/4 cup white wine vinegar
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon Kosher salt

Instructions

- Chop potatoes into bite size pieces and place in a saucepan with water covering potatoes. Bring to a boil and cook until tender, about 10 min. While potatoes are cooking, mix the dill, onion tops, yogurt and mustard in a small mixing bowl and refrigerate. Drain potatoes after they are finished cooking and place in a large mixing bowl. Add vinegar, pepper and salt to potatoes, toss to coat. Allow potatoes to cool and then add refrigerated yogurt mixture to potatoes. Mix gently and refrigerate until ready to serve.
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- A top-down view of a purple ceramic plate filled with a creamy potato salad. The salad consists of bite-sized pieces of red-skinned potatoes, finely chopped green herbs (likely dill and onion tops), and a thick white dressing. The plate is set on a wooden surface with vertical grain lines.



Adapted from deliciousandnutritiousseating.com

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

JANUARY 2020							FEBRUARY 2020						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
		31	1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29

Spicy Jalapeño Cabbage Salsa



Crunchy, tangy, salty and spicy, this cabbage salsa will be your go-to in the winter months!

Ingredients

- 1/2 a large head of cabbage core removed and shredded
- 1 medium sized red onion finely diced
- 2-3 medium sized ripe tomatoes
- 2-4 jalapeño peppers, seeds removed, and finely chopped (leave the seeds in for more heat!)
- 2 cloves garlic minced
- Juice of 2-3 limes
- Sea salt to taste

Instructions

- In a large bowl combine the shredded cabbage, red onion, tomatoes, jalapeño peppers and garlic.
- Squeeze the juice of 2-3 limes over top and stir together
- Season with salt as desired.
- Taste and add more lime juice and/or salt to taste.
- This can be served immediately, but is better after sitting in the fridge for a few hours. Stir before serving.

Adapted from fooddoodles.com

Stove-Top Hot Cabbage



Ingredients

- 1 yellow onion or green onions, finely chopped
- 2 tablespoons olive oil or canola oil
- 1-2 jalapeño peppers, seeded and finely chopped
- 2-3 bell peppers diced
- 2/3 cup apple cider vinegar
- 1/2 teaspoon crushed red pepper flakes
- 1 head green cabbage, finely chopped
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Instructions

- Preheat the oven to 350 degrees F.
- In a large pot over medium-high heat, add oil, onion, jalapeño, bell peppers, vinegar and red pepper flakes. Add 2 cups water, cover and cook until tender, 10 to 15 minutes.
- Add the cabbage and cook until the cabbage is just wilted, about 10 minutes. Season with the salt and black pepper. Stir to combine and serve.

Adapted from cookingchanneltv.com

Cider Poached Pears

Ingredients

- 2 ripe pears
- 1 1/2 cups apple cider
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves



Instructions

- Peel pears, and slice in half lengthwise and remove the stem and core.
- In a large, shallow skillet, bring apple cider and spices just to boil over medium heat, then add pears.
- Reduce heat to medium-low, and simmer pears until tender, about 20-25 minutes, flipping half way through.
- Serve pears warm with cider spooned over the top

Adapted from ihearteating.com

Jalapeño Collard Greens



Ingredients

- 2-3 pieces lean ham meat for flavoring
- 1 bunch collard greens, washed and chopped
- 1 tablespoon cider vinegar
- 1 tablespoon sugar
- 1 cup unsalted vegetable stock, more if needed
- 2 tablespoons canola or olive oil
- 1-2 jalapeño peppers, minced
- 2-3 garlic cloves, minced
- salt
- 1/4 teaspoon crushed red pepper

Instructions

- In a medium bowl, mix together all ingredients, except oil, until well combined.
- In a large pot over medium heat, add ham and water to cover. Cook until ham is falling apart, about 2-2½ hours.
- Put greens in heated liquid gradually, allowing greens to shrink down until all are incorporated into the pot.
- Mix vinegar and sugar until sugar is dissolved; add to greens.
- Cook until greens are tender, about 45 minutes. (If liquid level gets low, add stock as needed.)
- Halfway through cooking, in a small sauté pan, heat oil. Sauté jalapeños and garlic until translucent but not brown. Add to greens, and continue cooking for the remainder of the 45 minutes.
- Taste and adjust seasoning, adding salt and crushed red pepper, if desired.
- Return meat to pot, and cook an additional 5-8 minutes.

Adapted from scliving.coop