

Brown Sugar-Glazed Beets

Try a sweet glaze on beets or other root vegetables to help balance their earthy flavor. This recipe will work with steamed carrots, turnips or rutabaga, too.



Ingredients

- 3 Tablespoons brown sugar
- 2 Tablespoons orange juice
- 1 Tablespoon butter
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 3 cups steamed cubed beets, 1/2- to 1-inch cubes

Instructions

1. Steam Beets

a. **To steam on the stovetop:** Place in a steamer basket over 1 inch of boiling water in a large pot. Cover and steam over high heat until tender, 10 to 15 minutes.

b. **To steam in the microwave:** Place in a glass baking dish, add 2 tablespoons water, cover tightly and microwave on high until tender, 8 to 10 minutes. Let stand, covered, for 5 minutes.

2. Combine brown sugar, orange juice, butter, salt and pepper in a large nonstick skillet. Cook over medium heat until sugar and butter are melted and starting to bubble. Stir in beets and cook until most of the liquid has evaporated and the beets are coated with glaze, 6 to 8 minutes.

Adapted from eatingwell.com

Red Cabbage with Apples

A sweet and savory combination of sauteed cabbage, onion and apples that makes a perfect side dish.



Ingredients

- 1 Tablespoon oil
- 1/2 medium onion, chopped (about 1/2 cup)
- 1/2 head red cabbage, thinly sliced (about 6 cups)
- 1/4 cup vinegar
- 1/4 cup sugar
- 1/2 teaspoon salt
- 2 apples, chopped

Instructions

1. Heat oil in a large saucepan or skillet over medium heat. Add onion and cook until clear, about 3 to 5 minutes.

2. Add cabbage, vinegar, sugar and salt. Mix well and add apples.

3. Reduce heat to low. Continue cooking, stirring a few times, until cabbage is soft, about 30 minutes. Serve warm or cold.

NOTE: Try adding cold leftovers to a sandwich or wrap!

Adapted from foodhero.org

**NEXT
DATE:**

PLACE ORDER BY THURSDAY, DEC 12. PICK-UP WEDNESDAY, DEC 18.

NOTE: SPECIAL FOODSHARE HOURS! WE ARE TAKING OFF 2 WEEKS FOR THE HOLIDAYS. OUR OFFICES WILL BE CLOSED DEC. 23 UNTIL JAN. 2. FIRST DISTRIBUTION OF 2025 IS JAN. 8. ORDER BY JAN. 2, 2025.

Black Bean Soup

A simple, hearty soup with black beans, tomatoes, herbs and a hint of lime. One-pot meal ready in an hour!



Ingredients

- 1 Tablespoon oil
- 1 small onion chopped (about 1 cup)
- 4 cloves garlic, minced, or 1 teaspoon garlic powder
- 1 can (15 ounces) diced tomatoes
- 2 cans (15 ounces each) black beans, drained and rinsed
- 2 potatoes, peeled and diced
- 4 cups water
- 1/2 cup chopped cilantro
- 1 Tablespoon cumin
- 1/3 cup lime juice or juice from 1 lime
- hot sauce to taste
- plain Greek yogurt for topping (optional)

Instructions

1. Heat oil in a large pot over medium-high heat. Sauté the onion for 2 minutes. Add the garlic and tomatoes and cook for 2 minutes. Stir often.
2. Add the beans, potatoes and water. Bring to a boil; then reduce to medium-low heat. Cover and cook for 20 minutes.
3. Add the cilantro, cumin, lime juice and hot sauce, if desired. Stir and cook for 10 minutes. Serve hot.

Adapted from foodhero.org

Fresh Blueberry Corn Muffins



Ingredients

- 2 packages “JIFFY” Corn Muffin Mix
- 2 eggs
- 3/4 cup plain Greek Yogurt
- 1/4 cup milk
- 1/4 cup sugar
- 1 1/2 cups fresh blueberries

Instructions

1. Preheat oven to 400°F. Spray muffin pans with non-stick spray or use paper baking cups.
2. Combine muffin mixes, eggs, Greek yogurt, milk and sugar until blended. Fold in blueberries.
3. Fill muffin cups 2/3 full. Bake 18 – 23 minutes.
4. Cool on wire rack for 10 minutes before removing muffins from pan.

Adapted from jiffymix.com

How Do You Know When a Kiwi is Ripe?

Hold the kiwi in the palm of your hand. Gently press the fruit. If it gives a little, it is ripe, ready, and at its best.

If your kiwi is too firm, simply leave the fruit in a bowl at room temperature and nature will do the rest. Firm kiwifruit can take 2-3 days to ripen.



Need to ripen kiwifruit a bit faster? Place the kiwi in a paper bag alongside other fruit like apples, oranges, bananas or pears to help speed up the process. Kiwifruit gets softer — and sweeter — as it ripens. But careful not to leave them out at room temperature for too long.

If you want to keep your kiwifruit longer, you can easily slow down the ripening process by storing the kiwifruit in the refrigerator — just don't forget to keep them away from the other fruits listed above.

Adapted from zespri.com