

Spiced Roasted Carrots



Ingredients

- 2 pounds carrots
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon Kosher salt
- Freshly ground black pepper, to taste
- 1/2 to 1 1/2 teaspoons chili powder (use less for more mild carrots, or the full amount for spicy carrots)
- 1/2 teaspoon ground cinnamon

Instructions

1. Preheat the oven to 400°F. Line a large rimmed baking sheet with parchment paper or foil.
2. Peel carrots and cut them on the diagonal so each piece is about 1/2-inch thick at the widest part.
3. Place the carrots on the baking sheet. Add the olive oil, chili powder, cinnamon, salt and a few twists of pepper.
4. Toss until the carrots are lightly coated in oil and seasonings and arrange them in a single layer.
5. Roast until they're caramelized on the edges and easily pierced through by a fork, 25 to 40 minutes, tossing halfway.

Adapted from cookieandkate.com

Blistered Tomatoes

Blistered tomatoes make a great side to just about any meal! A quick sauté with garlic and herbs turns grape tomatoes into something extra juicy, and almost gourmet – in less than 10 minutes!



Ingredients

- 2 cups grape tomatoes
- 2 Tablespoons olive oil
- 2 garlic cloves, minced
- 1 Tablespoon chopped fresh basil, or other herbs
- Kosher salt and black pepper, to taste

Instructions

1. Heat the oil in a medium pan over medium-high heat. Add the tomatoes and let them sit undisturbed in the pan for 2 minutes, to blister on the bottom.
2. Add the garlic, salt, and pepper, then stir together with the tomatoes. Let them cook and blister another 2-3 minutes, stirring a few more times.
3. Remove the blistered tomatoes from the heat, then top with chopped basil or other fresh herbs.

Adapted from downshiftology.com

**NEXT
DATE:**



ORDER BY THURSDAY, JAN 30. PICK-UP WEDNESDAY, FEB 5.
ORDER BY THURSDAY, FEB 13. PICK-UP WEDNESDAY, FEB 19.

Blackberry Bread Pudding



Ingredients

- 2 cups of day-old/stale bread, cubed
- 1 cup fresh or frozen blackberries
- 1 cup milk
- 1/2 cup granulated sugar
- 1 large eggs
- 1 teaspoon vanilla extract
- 1 tablespoon honey or maple syrup
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon

Instructions

1. **Preheat the oven:** Preheat oven to 350°F and lightly grease a smaller baking dish (about 8x8 inches) with cooking spray.
2. **Prepare the bread:** Cut the whole grain bread into cubes and set aside. If the bread is fresh, toast it lightly for 5-7 minutes in the oven or on the stovetop to dry it out a bit.
3. **Prepare the custard mixture:** In a large bowl, whisk together the milk, egg, honey or maple syrup (if using), vanilla extract, cinnamon, nutmeg, and salt until fully combined.
4. **Assemble the pudding:** Place the cubed bread into the prepared baking dish. Scatter the blackberries and chopped nuts (if using) evenly over the bread. Pour the custard mixture over the bread and press the bread down gently to ensure it's well-soaked.
5. **Bake:** Place the dish in the oven and bake for 30-35 minutes, or until the top is golden brown and a knife inserted into the center comes out clean.
6. **Serve:** Let the bread pudding cool for a few minutes before serving. Optionally, drizzle with a little more honey or maple syrup if you prefer extra sweetness.

Adapted from Culinary Medicine, Richland County

Grapefruit Spinach Salad



Ingredients

- 4 1/2 cups fresh spinach, washed and drained
- 1 can sliced mushrooms, drained (2 ounce can)
- 1 cup water chestnuts, diced (5 ounce can)
- 2 grapefruits, sectioned and diced
- 1/4 cup vegetable oil
- 1 tablespoon vinegar
- 2 ounces grapefruit juice
- 1 tablespoon soy sauce, low-sodium
- 1/4 teaspoon hot pepper sauce
- 1/4 teaspoon salt
- 1 teaspoon dry mustard

Instructions

1. Tear spinach coarsely and place in large salad bowl.
2. Add mushrooms, water chestnuts, and grapefruit.
3. Mix together oil, vinegar, grapefruit juice, soy sauce, hot pepper sauce, salt, and dry mustard.
4. Toss dressing with spinach mixture and serve.

Adapted from myplate.gov

NUTRITION CORNER

GRAPEFRUIT

How to Store Grapefruit

Store grapefruits at room temperature for 1 week or in the refrigerator for 2 to 3 weeks.

How to Select Grapefruit

Grapefruits are available fresh, canned and as 100% juice for good nutrition and convenience. If selecting fresh, choose grapefruits with thin, smooth, firm, blemish free skins that are heavy for their size.

Nutritional Information

Good source of vitamin A, High in vitamin C

