

Oven Fried Plantains



Ingredients

- 2 very ripe medium plantains
- pinch of ground nutmeg
- 2 Tablespoons brown sugar

Instructions

1. Place an oven rack in the middle of the oven. Preheat the oven to 425°F.
2. Spray the baking sheet well with nonstick cooking spray.
3. Peel and slice each plantain into 16 thin diagonal slices.
4. Sprinkle plantains with nutmeg and brown sugar
5. Bake until crisp, about 45 minutes. Serve while warm.

Adapted from snapedny.org

What Are Plantains?

Plantains are a tropical fruit that come in a variety of green or yellow hues. Since they have a starchier texture than bananas, plantains are **great for boiling, frying, pounding and more**. Great sources of **potassium, fiber** and **vitamins A and C**, plantains can **improve digestive health, protect your heart** and **support your immune health**.

Find out more:

<https://bit.ly/4aBZlBEG>



Raspberry Sheet Pan Pancakes



Ingredients

- 2 3/4 cups all-purpose flour
- 2 Tablespoons baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 2 1/2 cups milk of choice
- 2 eggs
- 2 Tablespoons maple syrup
- 4 Tablespoons melted butter
- 2 teaspoons vanilla extract
- 1 cup raspberries (fresh or frozen)

Instructions

1. Preheat the oven to 425°F. Prepare a 13×18 baking sheet with non-stick spray
2. In a large mixing bowl, mix together flour, baking powder, cinnamon and sea salt.
3. Add in milk, eggs, maple syrup, melted butter and vanilla. Mix until just incorporated.
4. Pour into a sheet pan and use a spatula to smooth the tops. Sprinkle raspberries evenly on top.
5. Bake for 18-20 minutes until the tops are lightly golden.
6. Cut into squares and serve with butter, maple syrup and favorite toppings. Enjoy!

Adapted from oregon-berries.com

**NEXT
DATE:**



ORDER BY THURSDAY, FEB 13. PICK-UP WEDNESDAY, FEB 19.
ORDER BY THURSDAY, FEB 27. PICK-UP WEDNESDAY, MAR 5.

Banana Oatmeal Balls



Ingredients

- 2 ripe bananas
- 1 cup of oatmeal
- 1/4 cup raisins (optional)
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1 pinch salt

Instructions

1. Peel the bananas and mash them in a bowl until smoothly pureed.
2. Add the oatmeal, ground almonds, raisins, vanilla extract, cinnamon, chia seeds, and a pinch of salt to the banana puree. Mix well until the mixture is smooth. If the mixture is too runny, add a little more oatmeal.
3. Take small amounts of dough and form balls with your hands. You can make them any size you like, but a size of about 1.25-inch in diameter is ideal.
4. Preheat the oven to 350°F. Place the balls on a baking sheet lined with parchment paper and bake for about 15 to 20 minutes, turning them halfway through baking, until golden brown.
5. Let the balls cool slightly before serving. You can enjoy them on their own or accompany them with a yogurt and honey sauce, or a fruit compote.
6. Suggestions: You can add other ingredients as desired, such as dark chocolate chips or flax seeds. If you prefer crispier balls, you can add some almond or coconut flour to the mixture.

Adapted from chiquita.com

Creamed Corn with Tomatoes

Creamed corn is served with tomatoes and fresh herbs in this easy side dish recipe.



Ingredients

- 1 Tablespoon olive oil
- 1 cup chopped onion
- 3 cups fresh corn kernels, cut from the cob
- 2 ounces cream cheese
- 2 Tablespoons water
- 2 medium tomatoes, chopped
- 1/2 Tablespoon chopped fresh parsley
- 1/2 Tablespoon chopped fresh basil
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

Instructions

1. Heat oil in a large skillet over medium heat.
2. Add onion; and cook until soft and translucent, about 3 minutes.
3. Stir in corn kernels. Cook, stirring occasionally, until kernels are tender, about 5 minutes.
4. Stir in cream cheese and water until cream cheese is melted.
5. Stir in tomatoes, parsley, and basil.
6. Season with salt and black pepper.

Notes

- You can use chopped any fresh herbs of your choice, as long as it equals to 1 tablespoon.

Adapted from allrecipes.com



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