

Cabbage Wedges



Ingredients

- 1 medium head green cabbage, cut into wedges
- 1/2 cup butter or butter substitute, melted
- 1/2 cup green onions, thinly sliced
- 1/4 cup fresh or dried parsley, minced
- 1 tablespoon lemon juice
- 1 1/2 teaspoons minced fresh thyme or 1/2 teaspoon dried thyme
- 1/4 cup shredded cheddar cheese

Instructions

1. Remove the dark loose leaves around the cabbage and cut them into about 12 wedges.
2. Place cabbage in a large saucepan and cover with water.
3. Bring to a boil, and lower the heat. Cover the pot and cook for 8-10 minutes. Stop cooking once it's tender.
4. Combine the butter, green onions, parsley, lemon juice, and thyme.
5. Drain the cabbage and transfer to a serving plate.
6. Drizzle with the herb butter and sprinkle with cheese.

Adapted from extension.umaine.edu

Quick Pickled Radishes

This quick pickled radish recipe makes the best pickled radishes in only about 10 minutes hands-on time! They're great on tacos, avocado toast, pulled pork, and more!



Ingredients

- 1 bunch of radishes
- 1/2 cup apple cider vinegar
- 1 tablespoon granulated sugar
- 1 1/2 teaspoons salt
- 1 cup hot or warm water

Instructions

1. Slice radishes as thin as you can.
2. Stuff all the radishes in the jar of your choice. A bowl will work too if that's all you have.
3. In a measuring cup, combine apple cider vinegar, salt, sugar, and warm water. Stir to dissolve the sugar and salt. Pour this pickling mixture over your sliced radishes and let them set for an hour. After an hour, cover and store in the fridge for up to three weeks.

Adapted from rachelcooks.com

**NEXT
DATE:**



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

Stuffed Bell Peppers



Ingredients

- 1/2 cup rice, uncooked
- 4 bell peppers
- 5 to 6 white whole mushrooms (optional)
- 1 medium zucchini (optional)
- 1/2 onion, or 2 teaspoons onion powder
- 1 pound ground beef, lean
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 14.5-ounce can diced tomatoes, or use fresh!
- 1 cup water
- Shredded cheese

Instructions

1. Preheat oven to 350°F
2. Wash your hands well with soap and warm water for at least 20 seconds.
3. Cook rice according to package directions.
4. Rinse peppers and cut in half through the stem, from top to bottom, then remove seeds and stem. Place 8 halves in a baking dish.
5. Rinse and cut mushrooms into small pieces.
6. Rinse and cut zucchini into small pieces. Cut the ends off then cut zucchini in half long ways and lay halves flat. Cut into small pieces.
7. Peel and cut onion into small pieces.
8. Cook ground beef in a large skillet over medium heat until no longer pink, about 5 minutes. Then add mushrooms, zucchini, onion (or onion powder), garlic powder, and chili powder and stir to mix. Cook until vegetables are tender, about 3 to 5 minutes.
9. Add rice and diced tomatoes with the juice and stir. Remove mixture and fill the pepper halves.
10. Add water to the bottom of the baking dish and cover the dish with foil and place in the oven. Cook for 30 minutes then remove the dish and remove foil.
11. Top stuffed pepper halves with shredded cheese and place back in the oven for an additional 10 minutes or until cheese is melted and peppers are tender.
12. Refrigerate leftovers within 2 hours.

Adapted from happyhealthy.extension.msstate.edu

Egg Roll in a Bowl

Super easy to make, packed with flavor and oh-so satisfying!



Ingredients

- 1 pound lean ground meat (pork, turkey, chicken, or beef)
- 2 Tablespoons sesame oil or any oil on hand
- 1 (red, yellow or green) bell pepper, thinly sliced
- 2 cloves garlic minced, or 2 teaspoons garlic powder
- 1 teaspoon ground ginger (optional)
- 1/2 cup lite soy sauce
- 4 cups fresh green cabbage, finely sliced
- 1 carrot, finely grated

Instructions

1. Add ground meat to a large frying pan over medium-high heat. Using a spatula or wooden spoon, break the meat into small pieces
2. Cook the meat thoroughly and until no pink remains. If needed, drain and discard any cooking liquid in the pan
3. To the same frying pan add onion and bell pepper. Continue to cook, stirring frequently, until the vegetables begin to soften, about 5 minutes
4. Add oil, garlic, soy sauce, cabbage, carrots, and ginger (if using) to the frying pan. Cook for 5-7 minutes, stirring frequently
5. Remove the frying pan from the heat and divide among 4 bowls.
6. Try adding some toppings like: sriracha hot sauce, green onions, sesame seed, or chow mein noodles!

Adapted from celebrateyourplate.org



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