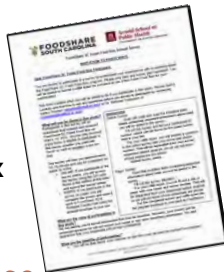




HELP US IMPROVE! TELL US WHAT YOU THINK

We invite you to participate in a survey to help us better understand your experiences with and opinions about the FoodShareSC **Fresh Food Box** program. Look in the **BRIGHT GREEN** envelope in your box this week for our survey. **Please only complete one survey per household and return it in the postage paid envelope or complete it online.** You will be invited to submit a ticket for a **chance to win a free Fresh Food Box** for your participation. We can't wait to hear from you!



Could you be eligible for help with your food budget?

Find out if you may be eligible for SNAP and an estimated amount of benefits you could receive.

<https://bit.ly/4hh5YrR>



Cantaloupe Salsa



Ingredients

- 1/2 large ripe cantaloupe
- 3/4 cup finely diced red bell pepper
- 1/4 cup finely chopped cilantro
- 3 Tablespoons finely chopped green onions
- 2 Tablespoons lime juice
- 1/8 teaspoon salt
- 1/8 teaspoon hot pepper flakes

Instructions

1. Wash hands with soap and warm water. Wash fresh fruits and vegetables before preparing.
2. Remove seeds and rind from cantaloupe (you should have approximately 1/2 pound cantaloupe flesh.)
3. Chop cantaloupe into very small pieces.
4. Put cantaloupe pieces into a bowl.
5. Add chopped red pepper, cilantro, green onions and lime juice. Stir.
6. Add salt and pepper flakes to mixture.
7. Chill.
8. Serve with grilled chicken, fish or steaks.

Adapted from azhealthzone.org

NEXT DATE:



ORDER BY THURSDAY, MAR 27. PICK-UP WEDNESDAY, APR 2.
ORDER BY THURSDAY, APR 10. PICK-UP WEDNESDAY, APR 16.

Lemon Asparagus Pasta

This light and refreshing dish is great on its own or can be paired with shrimp or chicken!



Ingredients

- 8 ounces pasta (any short shape will work!)
- 2 Tablespoons olive oil
- 4 cups asparagus, chopped into 1-inch pieces
- 2 cloves of garlic, minced or 2 teaspoons of jarred minced garlic or garlic powder
- Juice of 2 lemons
- 1 tablespoon fresh or dried parsley
- 1/4 to 1/2 cup of reserved pasta water
- 1/3 cup grated parmesan cheese
- Salt and pepper to taste

Instructions

1. Cook pasta according to package instructions, reserving pasta water before draining.
2. In a separate pan, heat olive oil. Add asparagus over medium high heat. Cover and cook for 3 minutes.
3. Uncover and add the garlic and juice of 1 lemon. Cook for another 8 minutes, or until the asparagus is tender but still crisp.
4. Lower the heat to low and add the drained pasta, 1/4 cup of reserved pasta water, and juice from the 2nd lemon. Season with salt and pepper and add parsley and parmesan cheese. Stir everything together.
5. Serve with additional parmesan cheese, if desired!

Adapted from michiganasparagus.org

Turkey Tacos

The next time you make tacos, use ground turkey instead of ground beef. This recipe is sure to please your family!



Ingredients

- 1 zucchini
- 1/4 head lettuce
- 2 tomatoes
- 1 ounce low-fat cheddar cheese, grated
- 15 ounce can low-sodium pinto beans
- Nonstick Cooking Spray
- 1 pound Turkey Lean ground
- 15 ounce can no-salt added chopped or crushed tomatoes
- 1 Tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 16 taco shells

Instructions

1. Rinse and grate zucchini and squeeze dry with paper towels.
2. Rinse and shred lettuce. Rinse, core, and chop tomatoes.
3. In a colander, drain and rinse beans.
4. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat. Add turkey and brown.
5. Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, oregano, salt, and black pepper. Stir well.
6. Reduce heat to medium. Cook until thickened, about 20 minutes.
7. Add 2 tablespoons of cooked meat mixture to each taco shell. Top each with 1 tablespoon shredded lettuce, and 1 tablespoon fresh tomatoes.
8. Top tacos with any of your favorite veggies, hot sauce, salsa, low-fat sour cream, or low-fat plain yogurt.

Adapted from eatfresh.org