

One Pot Chili Mac & Cheese

Ingredients

- 1 pound ground beef, or ground turkey
- 1 yellow onion, chopped
- 1 poblano pepper, seeded and chopped
- 1 Tablespoon chili powder
- 2 teaspoons garlic powder
- 2 teaspoons paprika
- 1 can (28 ounces) crushed fire-roasted tomatoes
- 1/4 cup tomato paste
- 1 can (4 ounces) diced green chilies
- salt and black pepper, to taste
- 2-3 cups chicken or beef broth, low sodium
- 1 box (16 ounces) of penne or elbow pasta
- 2 ounces cream cheese, at room temperature
- 2 cups shredded melty cheese (Colby, cheddar, pepper jack)
- green onions and cilantro, for serving, optional



Instructions

1. Preheat the oven to 425° F. In a large pot set over medium-high heat, add the meat and onion. Season with salt and pepper. Brown the meat all over, breaking up the meat as you go.
2. Add the poblanos, chili powder, garlic powder, paprika. Cook for 5 minutes, until fragrant. Mix in the tomatoes, tomato paste, and diced chilies. Pour over the broth. Add 2 cups water and season with salt.
3. Add the pasta. Bring to a boil over medium-high heat. Simmer for 10 minutes until the pasta is al dente, stirring often. Stir in the hot sauce, cream cheese, and 1/2 the cheese. Cook another few minutes until very creamy. Remove from the heat and top with remaining cheese. Bake for 5-10 minutes, until the cheese is melted.
4. Divide the pasta and sauce among bowls and top with green onions and cilantro.

Adapted from halfbakedharvest.com

Pineapple and Radish Salsa



Ingredients

- 2 cups diced fresh pineapple
- 1 cup sliced radishes (from about 6-8 radishes)
- 3 Tablespoons fresh cilantro, roughly chopped
- 1 Tablespoon minced jalapeño pepper
- 1 Tablespoon lime juice
- 1/4 teaspoon salt
- 2 green onions (white and light green portions) thinly sliced, optional

Instructions

1. Add all the ingredients to a bowl, tossing to combine.
2. You can serve this salsa immediately. Or cover and refrigerate it for up to 1 day before serving.

Adapted from floatingkitchen.net.org

**NEXT
DATE:**



ORDER BY THURSDAY, JUL 31. PICK-UP WEDNESDAY, AUG 6.
ORDER BY THURSDAY, AUG 14. PICK-UP WEDNESDAY, AUG 20.

Avocado and Corn Salad

In this fresh summer salad recipe, sweet corn and honey balance nicely with tomatoes, avocado and lime juice. Bring it along to your next summer picnic or pair it with grilled shrimp or chicken for an easy weeknight meal.



Ingredients

- 3 ears corn, husks removed
- 1 medium poblano pepper
- 3 Tablespoons lime juice
- 1 Tablespoon honey
- 1/2 teaspoon salt
- 1/4 cup oil
- 1 medium tomato, chopped
- 1/4 cup crumbled cotija cheese or shredded parmesan
- 1 avocado, chopped
- 6 cups chopped lettuce, about one head of lettuce
- 1/2 teaspoon chili powder, optional
- 1/4 cup chopped cilantro, optional

Instructions

1. Set the oven to broil. Lightly coat corn and poblano with cooking spray. Place on a baking sheet on the top rack of the oven, until lightly charred and tender, 2 to 5 minutes, turning occasionally.
2. Let cool for 10 minutes.
3. Whisk lime juice, honey, chili powder and 1/4 teaspoon salt in a small bowl. Slowly whisk in oil until blended. Set aside.
4. Cut corn kernels from the cobs. Peel the poblano and remove and discard the seeds; coarsely chop. Toss the corn kernels, chopped poblano, tomato, cheese and cilantro (if using) together in a bowl. Add in avocado and season with another 1/4 teaspoon salt.
5. Toss lettuce and 3 tablespoons of the oil mixture together in a bowl. Top with the corn and avocado mixture and drizzle with the remaining oil.

Adapted from eatingwell.com

Turkey Stuffed Poblano Peppers

Ingredients

- 2 poblano peppers
- 1/3 pound ground turkey
- 1/3 small onion, diced
- 1 clove garlic minced, or 1 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/4 teaspoon black pepper
- Pinch of salt
- Half of one 15-ounce can black beans (or pinto), rinsed and drained
- 1/2 cup corn kernels
- 1/2 cup cheese, shredded

Instructions

1. Preheat the oven to 350°F
2. Slice each poblano pepper in half lengthwise. Discard the seeds and trim away the white pith. Place each poblano half on a large rimmed baking sheet skin side down. Set aside.
3. Add ground turkey to a pan set over medium heat. Break the turkey up into crumbles and cook for 5-6 minutes.
4. Add the diced onion and garlic. Keep cooking for 3 to 4 more minutes. Make sure everything turns brown and the turkey is cooked through (not pink anymore).
5. Add chili powder, oregano, cumin, black pepper, and salt over top and stir until the turkey is coated evenly.
6. Stir in the beans, and corn. Let everything cook for another 1-2 minutes.
7. Spoon filling into each poblano pepper half on the baking sheet.
8. Bake for 35-40 minutes, then remove the baking sheet from the oven.
9. Sprinkle cheese over top of each poblano, then return to the oven to bake for an additional 10 minutes, or until the cheese is melted then serve.

*From the FoodShareSC
Culinary Medicine Teaching Kitchen*

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let's talk about

Poblano Peppers

Pablanos are a mild chili pepper with a rich, mellow flavor and relatively low heat. They are low in calories, and rich in antioxidants, fiber, and vitamin C, a nutrient that's vital to immune function.



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<https://bit.ly/poblanopeppers>

