



**Heat
Advisory:
How to
Keep Your
Produce
Safe**

Whenever you pick up your Fresh Food Box (or any other groceries), if the temperatures inside your car are too high, it's a **food safety hazard**. Heat not only can quickly spoil your fresh fruit and vegetables but also can speed the growth of germs that contribute to food poisoning. **Cars can heat up fast.** According to the National Weather Service, if it is 80° F outside, the car temperature can reach 99° F in just 10 minutes and 109° F in 20 minutes. Here are some tips from **Consumer Reports** to keep your groceries cool, and safe, during these hot summer days.

Plan your errands. In the summer, try and **make sure picking up your Fresh Food Box and other grocery shopping is the last thing you do** before heading straight home.

Avoid the trunk. When you get back to your car, don't put the groceries in the trunk, which tends to be the hottest part of a car. **Instead, put groceries in the air-conditioned cabin.** And while you may think it's better to put them on the floor, out of the sun, they'll stay cooler if air circulates around them. **Put items on the seat and don't pack items too tightly together or you'll lose the benefits of the circulating air.**

Refrigerate immediately. When you get home, **bring your Fresh Food Box inside immediately**, unpack things and put them away promptly!

To learn more, scan this code with your phone's camera, or go to
<https://bit.ly/4IUExX9>



Cauliflower Alfredo



Ingredients

- 2 Tablespoons oil
- 3 garlic cloves- minced, or 3 teaspoons garlic powder
- 1 shallot, minced or 1/2 cup onion, minced
- 1 medium head cauliflower, chopped
- 2 vegetable bouillon cubes
- 1/4 teaspoon red pepper flakes
- 2/3 cup shredded white cheese
- 1 (16 ounce) package of any long or shaped pasta of your choice
- Parsley for topping, optional

Instructions

1. In a large pot, heat oil over medium high heat.
2. Add shallot (or onion) and garlic, stirring until fragrant, about 1-2 minutes.
3. Add the cauliflower, 4 cups of water and the 2 bouillon cubes; bring to a boil.
4. Cook covered, until tender, about 5-6 minutes.
5. Drain and cool slightly.
6. Transfer to a food processor, or blender. Add cheese and red pepper flakes. Puree until smooth.
7. Meanwhile, cook the pasta according to the package instructions.
8. Drain and place in a large bowl, or back in the same pot. Add the cauliflower mixture and toss to coat.
9. Sprinkle with parsley (if using) and additional cheese if preferred!

From the book Plant-Based Cooking For Everyone

**NEXT
DATE:**



ORDER BY THURSDAY, AUG 14. PICK-UP WEDNESDAY, AUG 20.
ORDER BY THURSDAY, AUG 28. PICK-UP WEDNESDAY, SEP 3.

Chicken, Chard & Sun-Dried Tomato Quesadillas



Ingredients

- 1 Tablespoon oil
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 3 cups finely chopped chard leaves
- 1 Tablespoon water
- 1/4 teaspoon ground pepper
- 1/8 teaspoon salt
- 4 ounces shredded cooked chicken
- 1/4 cup slivered oil-packed sun-dried tomatoes, or 1/4 cup chopped fresh tomatoes
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheese

Instructions

1. Heat oil in a large pan over medium heat. Add onion; cook, stirring, until softened, about 3 minutes. Add garlic; cook, stirring, for 30 seconds. Add chard, water, pepper and salt; cook, stirring, until the chard is tender, 2 to 3 minutes. Add chicken and tomatoes; cook, stirring, until heated through, 1 to 2 minutes. Transfer the mixture to a bowl. Wash and dry the skillet.
2. Place tortillas on a cutting board. Sprinkle each tortilla with 1/4 cup cheese. Spread about 1 cup chicken mixture across the bottom half of each tortilla and fold the top half over the chicken.
3. Coat the skillet with cooking spray and heat over medium heat. Add the quesadillas and cook until the tortillas are browned and the cheese has melted, about 2 minutes per side. Cut into wedges to serve.

Adapted from eatingwell.com

new in the box
**swiss
chard**



Chard is a low-calorie vegetable, similar to spinach and kale. It only has about 7 calories per cup, uncooked. Cooking chard makes it more dense, offering 3 grams fiber per cup of cooked greens.

To learn more, scan this code with your phone camera, or go to <https://bit.ly/45gBsJR>



Swiss Chard Egg Bites



Ingredients

- 1 bunch of Swiss chard, leaves only, washed
- 4 large eggs
- Salt and freshly ground black pepper
- 2 Tablespoons oil, divided
- 2 large shallots minced, or 1/4 cup minced onion
- 3 Tablespoons parsley, dried or fresh
- 2 Tablespoons mozzarella cheese (optional)

Instructions

1. Preheat the oven to 375 degrees. Lightly oil a 6-cup muffin tin or line with paper muffin cups for easy clean-up. Set aside.
2. Put the washed chard leaves with the water clinging to the leaves in a pot with a tight fitting lid. Wilt the chard over high heat for 5 minutes. Drain and run the chard under cold water to stop the cooking. Squeeze out the water, coarsely chop and set aside.
3. In a small bowl, lightly beat the eggs, 2 tablespoons of cold water, salt, and pepper. Set aside.
4. Over medium-high heat, heat 1 tablespoon of oil in a saute or a seasoned non-stick frying pan. Add the shallots and saute until they start to turn golden and caramelize, about 2-3 minutes.
5. Add the chopped chard, a pinch of salt and saute for 2 to 3 minutes. Add the chopped parsley. Stir in and cook for a few more seconds. Pour the chard into the egg mixture. Stir to mix.
6. Spoon the egg mixture evenly into the muffin cups until it is used up. The cups should be about 3/4 full. Sprinkle with crumbled feta to taste. Bake for 15 minutes or until the muffins are well risen and golden on top and a toothpick comes out clean. Place tin on a wire rack. Cool muffins for 10 minutes in the tin before turning out. Eat warm or cold.

Adapted from cookingforyourlife.org