

## Peaches and Cream Casserole



### Ingredients

- ½ cup Jiffy corn bread mix
- 2 cups peaches, sliced
- ¼ cup of sugar
- 6 eggs
- 1 ½ cups of half and half or milk

### Instructions

1. Preheat the oven to 375 F.
2. Spray or grease a 9x13 inch dish with cooking spray or oil.
3. Sprinkle the Jiffy over the bottom of the dish.
4. Spread peaches evenly over the Jiffy mix.
5. Sprinkle the sugar over the peaches.
6. In a bowl or cup, mix the eggs and half and half together.
7. Pour the mixture over the peaches.
8. Bake for 45 minutes or until the eggs are set.
9. Serve warm and enjoy!

*Adapted from Bent Creek Lodge Cookbook*

## Veggie Skillet



### Ingredients

- 1 cup grain, uncooked (pasta or rice)
- 1 ½ cups vegetables total, cut bite-sized (corn, zucchini, onion, celery)
- 1 cup protein, cut bite-sized
- 1 (10.75 ounce) can of condensed soup
- 1 ¼ cup water
- ½ teaspoon garlic powder
- 3 Tablespoons shredded cheese

### Instructions

1. Combine all ingredients except cheese in a large pan or pot.
2. Bring to a boil then reduce heat to low.
3. Cover and simmer until rice or pasta is tender, about 15 to 45 minutes.
4. Stir a few times while you wait and add liquid if too dry.
5. Add cheese before serving.
6. Refrigerate leftovers within 2 hours.

*Adapted from foodhero.org*

**NEXT BOX:**



**ORDER BY THURSDAY, JUNE 25. PICK-UP WEDNESDAY, JULY 1.**  
**ORDER BY THURSDAY, JULY 9. PICK-UP WEDNESDAY, JULY 15.**

## Sheet-Pan Fish with Bok Choy



### Ingredients

- 2 fillets of fish of your choice (salmon works well!)
- ½ bok choy stalk, cut in half lengthwise
- 1 cup of cooked brown rice
- 1 Tablespoon oil
- ½ Tablespoon low-sodium soy sauce
- 2 Tablespoons honey
- 1 Tablespoon garlic powder, or 3 garlic cloves minced

### Instructions

1. Set the oven to 375 F.
2. Put the oil, soy sauce, honey and garlic in a small bowl and stir them.
3. Pour or brush ¼ of the liquid over the fish and let it sit in the fridge for 20 minutes.
4. Cut the bok choy from top to bottom and drizzle with oil.
5. Place the bok choy on a baking sheet with the flat side facing down.
6. Put the fish on the sheet so nothing is touching or stacked.
7. Bake in the oven for 18-20 minutes until the fish is cooked all the way through.
8. Eat the fish and bok choy with rice.

### Tip/Notes

- If desired, before serving, take the remaining sauce and bring to a boil on the stove top until the sauce is slightly thick. This extra sauce can be drizzled over the fish and bok choy!

*Adapted from eatingwell.com*

## Banana Bread Butter



### Ingredients

- 2 teaspoons unsalted butter plus ½ cup, at room temperature, divided
- 1 medium ripe banana, halved lengthwise and crosswise
- 1 Tablespoon brown sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- ⅛ teaspoon ground nutmeg
- Whole-wheat bread slices, toasted, for serving (optional)

### Instructions

1. Put 2 teaspoons of butter in a pan and heat it on medium-low until melted.
2. Cut the bananas into quarters and place them in the pan with the cut sides down.
3. Sprinkle 1 tablespoon of brown sugar over the bananas.
4. Cook them for about 10 minutes, gently stirring so they don't stick, and flip them once, until they're soft and slightly browned.
5. Move the bananas (and any syrup in the pan) into a bowl.
6. Let them cool for about 5 minutes.
7. Add cinnamon, salt, nutmeg, and the remaining softened butter to the bowl.
8. Mash everything together until smooth.
9. Serve on toast if you like.

*Adapted from eatingwell.com*