



# FOODSHARE GREENVILLE

powered by  MILL VILLAGE  
- FARMS -

**DON'T FORGET  
TO REORDER  
YOUR NEXT  
BOX!**

**FEBRUARY 8TH, 2023**

Cleaning produce before eating is important!

**Make sure to wash and refrigerate produce to get the best flavor & lifespan.**

Always wash your hands for 20 seconds with warm water & soap before and after preparing fresh produce.

*Ingredients from your box in each recipe are marked with \**

## LEMON BLUEBERRY CORNBREAD MUFFINS

Makes 12 muffins, Time: 45 minutes from recipe to table.

If cooking from scratch isn't your thing, try adding blueberries and lemon zest to your favorite boxed cornbread mix!

### Ingredients

- $\frac{3}{4}$  cup milk
- 1 tablespoon lemon\* juice
- $1\frac{1}{2}$  cups all purpose flour, spooned into measuring cup and leveled-off
- $\frac{1}{2}$  cup yellow cornmeal
- $\frac{3}{4}$  cup sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup blueberries\*
- 2 eggs
- $1\frac{1}{2}$  teaspoons vanilla extract
- Zest of 1 lemon (about  $1\frac{1}{2}$  teaspoons)
- 1 stick unsalted butter, melted

Make it vegan:

- Replace milk with any plant based milk
- Replace eggs with  $1/2$  cup apple sauce
- Replace butter with coconut milk or any butter alternative

### Instructions

1. Preheat the oven to 350°F degrees. Line a muffin pan with paper liners (don't skip the liners or the blueberries will stick to the pan).
2. Combine the milk and lemon juice. Let sit for 10 minutes to curdle.
3. In a large bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt.
4. Place the blueberries in a small bowl and toss with 1 teaspoon of the flour mixture. Set aside.
5. In a separate bowl, whisk together the eggs, milk/lemon mixture, vanilla and lemon zest. Add to the dry ingredients, along with the melted butter. Stir until just blended; and then stir in the blueberries. Do not over mix!
6. Spoon the batter evenly into the prepared muffin pan, filling each cup very full. Bake for 28 to 30 minutes, or until the tops are set and golden around the edges. Cool the muffins for a few minutes in the pan, before removing.

## **PRODUCE STORAGE TIP: HUMIDITY IN THE FRIDGE**

Does your fridge have two drawers with a control for air flow? This drawer is intended for produce! Fruits prefer LOW humidity environments, and vegetables prefer HIGH humidity. Try putting your fruits and veggies in separate parts of the fridge and adding a wet paper towel to your veggie drawer.



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## PLANT-BASED LOADED SWEET POTATOES

Serves: 4, Time: 45 minutes  
from recipe to table.

Recipe by Chef Dawn  
Hilton Williams author of  
*Flava My Plate*

### Ingredients

- 2 sweet potatoes\*
- 1 bunch kale\*, chopped
- 1-14 oz can of chickpeas, reserve liquid
- 3/4 cup yellow onions, finely diced
- 1 red bell pepper\*, diced
- 2-3 cloves garlic\*, minced
- Zest of one lemon\*
- 2 tsp smoked paprika
- 2 tbsp nutritional yeast (optional)
- 1/2 tsp pepper
- 3/4 tsp salt (optional)
- 1 tsp chives (optional garnish)
- 1 tsp neutral oil (optional)

### Tahini Drizzle/Sauce

- 1/2 cup tahini
- 1 1/2 tsp agave nectar or maple syrup
- 1 tsp sriracha
- 1 1/4 tsp lemon\* juice
- 1/4 cup water (or until sauce is thinned to your preferred consistency)
- Salt & pepper to taste

Whisk together sauce ingredients and reserve.



### Instructions

1. Preheat oven to 425°F, line baking sheet with parchment, and set aside.
2. Cut sweet potatoes in half vertically, rub skin/potato lightly with grapeseed or other neutral oil and place skin side down on one half of a parchment-lined baking sheet, set aside.
3. Mash chickpeas with a fork or in a food processor until texture is slightly broken, then add to a bowl and mix with the paprika, salt, pepper, and 1 tsp of oil or reserved chickpea liquid and spread on the shared baking sheet.
4. Bake sweet potatoes and chickpeas for 20 minutes, remove chickpeas, flip sweet potatoes and cook for an additional 10 minutes or until sweet potato gives on sides when squeezed. When finished, remove, plate face side up, take and gently rake fork across potatoes, cover and set aside
5. In a frying pan, cook onions over medium heat until softened, about 1 minute. Add garlic and bell pepper and stir for another 3 minutes.
6. Add chopped kale, 3 tablespoons of water, 1/2 tsp salt, and 1/4 tsp pepper, stir to incorporate, drop heat to medium low, add lid and cook for 5-6 minutes.
7. Remove lid, stir (add more water here if your pan is dry) add lemon zest, nutritional yeast, stir again, remove from heat, replace lid and set aside.
8. Serve with the sweet potato as base, then the kale mixture, followed by roasted chickpeas, then drizzle tahini glaze and top with parsley serve and enjoy!