



FOODSHARE GREENVILLE

powered by  MILL VILLAGE FARM

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

FEBRUARY 22ND, 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 **

HEALTHIER BROCCOLI POTATO SOUP

Serves: 4. Time: 1 hour from recipe to table

Ingredients

- 2 tablespoons oil (vegetable or olive)
- 3 cups broccoli* florets broken into 1/2" pieces
- 1 cup carrots chopped
- 1 medium onion* chopped (about 1 cup)
- 1 garlic clove minced
- 4 medium Yukon gold potatoes*
- 2 cups vegetable broth
- 1 teaspoon cumin
- 1 ½ teaspoons paprika
- 1 bay leaf
- 2 cups canned coconut milk or soy milk
- 4 oz cheddar or gouda cheese
- salt and black pepper to taste
- Optional: 1/2 cup fresh parsley chopped

Recipe from *Delightful Mom Food*

Instructions

1. Dice the onion, carrots into small pieces and mince the garlic. Cut off the stems of the broccoli so you are only using the florets.
2. In large soup pot, heat the oil on medium-high heat and add the prepared broccoli, carrots, onion, and garlic. Cook for about 7 minutes until the onions are lightly translucent in color.
3. Add the potatoes, broth, cumin, paprika, and bay leaf and cover and cook for 20 minutes until the potatoes are soft.
4. Turn the heat to low, pour in the milk and cheese, and stir until the cheese is melted and warmed through, about 5 minutes. Gently mash the soup with a potato masher to thicken it and break up the potatoes. Season with salt and pepper to taste. Sprinkle with fresh parsley before serving (and extra cheese!).

5 MINUTE BAKED POTATOES

Serves: 1-2. Time: Less than 10 minutes recipe to table

Short on time? Stab desired amount of potatoes* 3-4 times with a fork, and microwave for 4-5 minutes. Cut the potatoes in half and mash slightly with a fork. If time, sauté green bell pepper* and onion* to top, or add raw. Add a bit of cheese, nutritional yeast, or butter and microwave for another 30 seconds to melt. Try adding other toppings, like beans, tomatoes*, and avocado* for a southwest baked potato, or sausage, broccoli*, and parmesan for an italian style baked potato.





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SPRING-TIME LETTUCE WRAPS

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

Great for people who don't like salad!

Ingredients

- 1/2 cup quinoa or cous cous, cooked
- 4 frozen black bean burgers
- 1 cucumber*
- 1/2 pint grape tomatoes*
- 1/4 yellow onion*
- 1/2 cup avocado dressing (see below)
- 1 head romaine lettuce*

Avocado Dressing:

- 1 ripe avocado*
- 3/4 cup water
- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1 tablespoon fresh cilantro
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper



Instructions

1. Cook the quinoa (or cous cous) according to the package directions. Set aside.
2. Cook the black bean burgers in a frying pan according to package directions. Set aside.
3. Wash and chop the cucumber into slices and then quarters. Wash and dice the tomatoes into quarters. Wash and dice the yellow onion into 1/4 inch pieces.
4. Wash the romaine lettuce well and separate into individual leaves, taking care to keep the leaves intact.
5. In a blender or food processor, combine all the ingredients for the dressing and puree until smooth, adjusting ingredients to taste.
6. Assemble the lettuce wrap by cutting the bean burger in half, laying on a piece of lettuce, adding quinoa, chopped veggies, and topping with avocado dressing. Wrap the lettuce around like a taco and enjoy!

Optional: Make it a bowl by chopping up the bean burger and lettuce and adding all ingredients to a bowl.

Photo from a similar recipe from Floating Kitchen

HOW TO CUT A GRAPEFRUIT INTO SEGMENTS

Cut grapefruit in half, place in a shallow bowl. Run a serrated knife around the outside edge of the grapefruit. Cut in between each section to separate them from one another. Serve in a bowl for breakfast or remove the segments for fruit salad.

