



MARCH 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 \**

### QUICK KALE CHIPS

Serves: 4. Time: 20 minutes from recipe to table

Wash the bunch of kale\* and dry thoroughly. Preheat oven to 325 deg F. Tear the kale leaves off of the center stem and rip into 3 inch pieces. Toss every 2 cups of kale with 1/2 tablespoon olive oil, 1/2 teaspoon salt, 1/2 teaspoon pepper, and any other desired spices. Try tossing with ranch dressing powdered mix, nutritional yeast, garlic and parmesan, or any spice combo that you would like on chips or popcorn! Arrange in a single layer on a parchment lined baking sheet and bake for 10-20 minutes, stirring once. Kale chips are done when they are crispy to touch and lightly brown around all edges. Store in an airtight container for up to 5 days.



### QUICK APPLE DESSERT

Serves: 1. Time: 10 minutes from recipe to table

Wash and slice one apple\* very thin. Toss with 1 tablespoon brown sugar, 1/2 teaspoon cinnamon, 1 teaspoon lemon\*, and 1 teaspoon flour. Put in a microwave safe bowl and microwave for 3-5 minutes, stirring once halfway through. Let cool for 5 minutes, top with granola, and serve. This recipe can be easily doubled or tripled as a healthier dessert for a family dinner. Leftovers can be kept for 1-2 days, but this dish tastes best served immediately.



### HOW TO USE & RE-USE GREEN ONIONS

Green onions\* are awesome because they will regrow for months! Green onions are a great topping for salads, soups, or in stir fry. They can be added to pretty much any dish for a pop of color and savory flavor. They are best eaten fresh and added to a dish just before serving. When using, chop from the dark green portion down to about an inch and a half above the root. Place the root base into a small jar, and cover the bottom inch with water. Make sure the tops stay propped up above the water line. Change the water every day and in one week you'll have new green onions to eat!





# FOODSHARE GREENVILLE

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

## ROOT VEGETABLE BOWL

This roasted veggie bowl is great for prepping lunches for the week or as an easily customizable dinner recipe!

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

### Ingredients

#### Vegetables & Base:

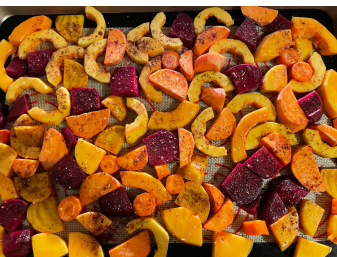
- 3 carrots\*
- 2 cups acorn squash\*
- 2 potatoes\*
- 1/2 red onion\*
- 1 tablespoon olive oil
- Salt and Pepper to taste
- 1.5 cups cous cous

#### Protein Options:

- 2 packages tempeh OR 1 lb chicken
- 1-2 tablespoons balsamic vinegar
- 1/2 tablespoon olive oil

#### Dressing:

- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice\*
- 2 tablespoons olive oil
- 3 tablespoons tahini OR almond butter
- 1 teaspoon honey or brown sugar
- 1 teaspoon minced garlic
- 1 teaspoon cracked black pepper
- 1/2 teaspoon salt
- 1 teaspoon mustard



### Instructions

1. Preheat oven to 400 deg. Wash and peel the carrots, acorn squash, and red onion. Leave the skin on if using white or red potatoes.
2. Cut all veggies into 1/4 inch thick circles or wedges. Arrange all, except for the red onion, on a baking sheet in a single layer, sprinkle with olive oil, salt, and pepper and toss on the baking sheet to coat.
3. Bake for 15 minutes in preheated oven, then stir and add the red onion, and bake for an additional 15-20 minutes, until all vegetables have soft centers and golden brown edges.
4. Cook the cous cous according to package directions.
5. Chop your tempeh or chicken into 1/2 inch pieces and cook in a frying pan, adding the balsamic and oil and tossing to coat. Ensure chicken reaches an internal temperature of at least 165 deg.
6. Create your dressing by whisking together the ingredients here, making your own, or using one you have on hand. Tangy flavors will pair well with this dish, try a mustard based dressing or something with a good bit of warm spice like paprika.

**This dish can be made with any variety of root vegetables that you have on hand- sweet potatoes, beets, butternut squash, and more. Using acidic dressings and marinades like balsamic for the protein and lemon-y dressing helps brighten the mellow flavors of the root vegetables.**