



# FOODSHARE GREENVILLE

powered by  MILL VILLAGE  
— FARMS —

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

**APRIL 5TH, 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 \**

## SOUTHWEST STYLE CHILE CORN SALSA

### Ingredients

- 4 medium ears of sweet corn\*
- 1/4 cup finely diced sweet yellow onion\*
- 1/4 cup finely diced red bell pepper\*
- 1-2 teaspoons finely chopped jalapeno pepper
- 3 tablespoons distilled white vinegar
- 3 tablespoons sugar
- 1 teaspoon mustard seeds
- 1 teaspoon ground coriander
- 1/2 teaspoon cumin
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon salt

*Recipe from The Cafe Sucre Farine*



Serves: 8 (1/4 cup servings)

Time: 20 minutes from recipe  
to table

### Instructions

1. Place 2 ears at a time in the microwave and cook for 5 minutes. Remove corn from microwave and allow to cool for 5 minutes. Repeat with remaining 2 ears of corn. When cool enough to handle, pull off husks and silk. Lay corn on it's side and cut kernels from cobs, rotating the ear of corn as you go. Transfer to a medium size bowl.
2. Add diced onion, bell pepper, and finely chopped jalapeño to bowl with the corn. Stir to combine.
3. Combine vinegar, sugar, mustard seeds, coriander, cumin, crushed red pepper and salt in a medium size, microwave safe bowl. Stir well to combine. Microwave on high power for 1 minute.
4. Remove vinegar mixture from microwave and add to bowl with corn mixture. Stir well.
5. Let sit for 15 minutes, stirring a few times. Serve immediately or refrigerate for up to 4 days.

## HOW TO SERVE IT:

- With grilled chicken, lettuce\*, and chopped tomatoes\* for a delicious southwest salad
- Put it in quesadillas for a quick and delicious weekend lunch
- Serve with refried beans, rice, and guacamole for a southwest burrito bowl
- Serve as a salsa with chips
- Put it on veggie burgers or hot dogs as a relish



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## QUICK & EASY ZUCCHINI PASTA

Serves: 4-6. Time: 45 minutes from recipe to table

### Ingredients

- 1/2 yellow onion\* OR 1 leek
- 1 large zucchini\* or 2 small zucchini
- 4 cloves garlic, minced (2 teaspoons)
- 1/4 cup olive oil
- 1, 16 oz package of pasta, preferably spaghetti
- 1 cup of water from pasta, reserved
- 1/2 cup parmesan cheese or 1/4 cup nutritional yeast
- Salt and pepper to taste
- 1 lemon (or 1 1/2 tablespoons juice)
- 1/2 teaspoon red pepper flakes



### Instructions

1. Put water on to boil for pasta. While cooking pasta, prepare the vegetables.
2. Peel and cut the onion or leek into long, thin slices. Cut the zucchini into half circle slices about a 1/4 inch thick.
3. In a large frying pan or shallow sauce pan, heat half of the olive oil over medium heat. Add the onion and cook for 3-5 minutes until it begins to soften. Add the zucchini and garlic. Zucchini cooks down, so it's okay if the pan seems very full at first.
4. While the vegetables are cooking, cook pasta according to package directions. Drain but reserve 1 cup of pasta water.
5. Cook the vegetables for about 10 minutes, until the zucchini is soft. Add the pasta to the pan with the vegetables, along with 1/2 cup pasta water, the cheese or nutritional yeast, salt, pepper, red pepper flakes, and juice of 1 lemon.
6. Stir well, leaving over the heat for 1-2 minutes to coat pasta. Add additional pasta water if needed.

## CANTALOUPE SORBET

Cut the cantaloupe\* in half, and remove seeds. Scoop out the flesh and place into a food processor. Blend until smooth. Add 1/4 cup sugar for every 1 cup of melon, and 1 teaspoon lime or lemon juice for every cup of melon. The sweetness will dull once frozen, so don't worry about it being too sweet yet! Blend again. Place in as shallow of a pan as will fit in your freezer and freeze for at least 4 hours, or overnight. In chunks, blend frozen melon mixture again, place into pint containers and freeze. The sorbet will keep in the freezer for up to one month. This recipe can be done with any melon or summertime fruit!

