



FOODSHARE GREENVILLE

powered by  MILL VILLAGE FARM

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

MAY 31ST, 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 *

CHICKPEA SALAD LETTUCE WRAPS

This is a vegetarian alternative to chicken salad. Try it on a sandwich or with crackers!
Serves: 4, Time: 25 minutes from recipe to table.

Ingredients

- 1/2 red onion*
- 1/4 head of celery*
- 1 large carrot*
- 3 cans chickpeas
- 2/3 cup mayonnaise (or vegan mayo substitute)
- 2 tablespoons soy sauce
- 2 tablespoons capers and juice
- 2 tablespoons nutritional yeast
- 1 lemon
- Whole romaine leaves*

Instructions

1. Finely dice the red onion and celery into as small of pieces as possible.
2. Using the large side of a box grater, shred the carrot.
3. Drain chickpeas and put into a large mixing bowl. Mash using two forks, your hands, a potato masher, or lightly pulse in a food processor for 10-15 seconds. The chickpeas should be half mashed, with some still mostly intact.
4. Add the red onion, celery, and carrot and toss together.
5. Add the mayonnaise (use a vegan substitute if avoiding egg products!), soy sauce, nutritional yeast, and juice from one lemon.
6. Mix well and add additional mayo, soy sauce, or other ingredients to taste. Serve on whole romaine leaves as a lettuce wrap.

HOW TO CUT A PINEAPPLE



1. Using a large, non-serrated knife, slice the top of the pineapple off.
2. Holding the pineapple upright, slice the skin off of each side, until only yellow flesh remains on the sides.
3. Cut in half lengthwise, and then chop to desired shape.

You can remove the core if desired, as it has a chewier texture than the rest of the fruit.



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- FARMS -

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BAKED BEET AND CARROT CHIPS

Serves: 2-3. Time: 40 minutes from recipe to table

Ingredients

- 1 cup beets, peeled and finely sliced*
- 1 cup carrots, finely sliced*
- 1 cup russet potatoes, finely sliced*
- 1/4 cup olive oil
- Salt and pepper

Instructions

1. Preheat oven to 400 degrees F and line a baking sheet with foil or parchment paper.
2. Wash all produce and peel the beets.
3. Slice the beets and potatoes into 1/8 inch or thinner slices and cut the carrots into slices lengthwise.
4. Toss all veggies with olive oil, salt, pepper, and any other desired spices.
5. Baked for 20 minutes, until edges of veggies are crispy. Serve hot, and keep leftovers refrigerated.

QUICK STOVETOP TOMATO SAUCE

Serves: 2-3. Time: 30 minutes from recipe to table

Ingredients

- 2 tablespoons olive oil
- 1/4 onion* (any color)
- 4 oz mushrooms* (optional)
- 1/4 bell pepper (optional)
- 8 oz tomatoes*
- 1 clove minced garlic or 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- Salt and pepper to taste



Instructions

1. Roughly chop the tomatoes, onion, bell pepper, and mushroom (if using).
2. In a deep saucepan over medium heat, add the olive oil, onions and mushrooms and cook until translucent.
3. Add the tomatoes, bell pepper, and desired spices. Reduce heat to low, cover, and let simmer for 15 minutes.
4. Check the taste and add additional spices, or a touch of sugar if the sauce is too acidic.
5. Use a hand blender to blend the sauce until smooth, or mash with a fork and serve chunky.

HOW TO RE-GROW GREEN ONIONS ON THE COUNTER

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 about a week you'll have new green onions to eat!

