



FOODSHARE GREENVILLE

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FARMS

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

OCTOBER 18TH, 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 *

ROASTED WHITE BEAN AND TOMATO PASTA

Serves: 4. Time: 15 minutes active, 2 hours or overnight total

Recipe adapted from Alexa Weibel of the New York Times

Ingredients

- Salt and black pepper
- 3/4 cup plus 2 tablespoons extra-virgin olive oil
- 1/4 cup onion*, finely chopped, any color works but yellow is best
- 2 tablespoons tomato paste
- 5 garlic cloves, thinly sliced, or 1/2 tablespoon garlic powder
- 1/4 teaspoon finely dried rosemary
- 1/2 teaspoon red-pepper flakes
- 1 pint grape tomatoes*, halved
- 1 (15-ounce) can white beans (preferably navy or cannellini beans)
- 1 pound pasta - rotini, shells, or orecchiette is best!
- Freshly grated Parmesan or nutritional yeast (optional), for serving



Instructions

1. Heat the oven to 375 degrees. Bring a large pot of salted water to a boil over high heat.
2. In a small bowl, stir together 1/4 cup olive oil with the shallot, tomato paste, garlic, rosemary, red-pepper flakes and sugar. Toss the tomatoes with the dressing; season with salt and pepper, then spread in an even layer on a baking sheet.
3. On a second baking sheet, toss the beans with 2 tablespoons olive oil; season with salt and pepper.
4. Roast the tomatoes and beans, stirring halfway through, until tomatoes slump and beans crisp, about 25 minutes.
5. While the tomatoes and beans roast, cook the pasta. Reserve 1 cup pasta cooking water and drain pasta.
6. Transfer the beans and tomatoes to the pot with the pasta. Add 1/4 cup pasta cooking water to the sheet pan from the tomatoes and use a flexible spatula to scrape the browned bits from the bottom of the sheet pan into the pot.
7. Add the pasta and the remaining 1/2 cup olive oil to the pot; stir vigorously until saucy. Season generously with salt and pepper, then add extra pasta water as needed to moisten until glossy. Divide among wide, shallow bowls and top with grated cheese, if desired.



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RUTABAGA REMINDERS!

- **Peel your rutabaga before using!** Rutabagas typically come coated in wax to preserve them for a long time. Cut your rutabaga in half and then peel to remove the wax coating. It will not wash off.
- **Rutabagas will keep for months!** Store rutabagas in the fridge and they will last 4-5 months. Peel and wash before using.
- **What's it taste like?** Rutabagas are a mellow root vegetable that is a cross between a turnip and a cabbage. They taste similar to turnips raw, and when cooked taste similar to potatoes.

ROASTED RUTABAGA WITH CILANTRO & LIME

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

Ingredients

- 1 large rutabaga*
- 1 tablespoon olive oil/any mild cooking oil
- Salt & Pepper
- 1 cup finely chopped cilantro*
- 3 tablespoons olive oil
- 1 tablespoon minced garlic
- 2 tablespoons lime juice

Instructions

1. Preheat oven to 375 degrees. Prepare rutabaga: Peel rutabaga completely. Cut in half lengthwise. Place one half rutabaga cut-side down and slice into 1/8" "half moons"
2. Toss with 1 tablespoon olive oil and salt and pepper to taste. Arrange on a baking sheet in a single layer and bake for 25-35 minutes.
3. While the rutabaga bakes, combine the remaining ingredients in a bowl. Be sure to mince the cilantro and garlic well. If you have a food processor, pulse the ingredients in the processor a few times to mash more.
4. Once the rutabaga is easily pierced with a fork, and starting to crisp at the edges, remove from the oven and let cool for a few minutes. Toss with the cilantro lime dressing and serve warm!

Optional: This dish makes a great side for chili, tortilla soup, or tacos

HOW TO STORE HERBS

Most herbs should be stored in the refrigerator to extend their shelf life. The only herbs that **shouldn't** be refrigerated are basil and tender leafed mint, leave those guys on the counter in a vase with water. Before refrigerating your herbs, wash them in cold water and then dry well. Store tender herbs, like cilantro and parsley, in a jar with an inch of water in the bottom, covered tightly with a lid or ziploc bag. For hardier herbs, like rosemary or sage, arrange in a single layer on a damp paper towel and roll them up like a jelly roll, then refrigerate in a ziploc bag.

