



FOODSHARE GREENVILLE

powered by  MILL VILLAGE
FARMS

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

JULY 12TH, 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 *

'GRILL' & CHILL GREEN GODDESS SALAD

Serves: 4, Time: 30 minutes from recipe to table.

Recipe from Chef Cary Wolfe of Project Host

Ingredients

- 4 Roma tomatoes*
- 1 teaspoon olive oil or any mild cooking oil
- Salt, pepper, & sugar to taste
- 10 oz package spinach

Green Goddess Dressing

- 1 ripe avocado*, chopped
- 1 garlic clove, chopped
- 1/4 cup mayonnaise or plain yogurt
- Juice and zest of 1 lemon
- 1 teaspoon Worcestershire sauce
- 2 tablespoons green onion, minced
- 2 tablespoons fresh basil
- 2 tablespoons fresh parsley
- 1 teaspoon capers
- 1/2 teaspoon sugar
- Salt and black pepper to taste

Instructions

1. Cut tomatoes lengthwise, into quarters, and remove seeds
2. Preheat oven on the broiler setting, or to 500 deg.
3. Arrange the tomatoes on a medium size sheet pan, cut sides up, in a single layer. Drizzle with olive oil. Sprinkle a pinch of flaked salt, black pepper and sugar over tomatoes.
4. Roast on middle rack of the preheated oven for 7-10 minutes or until a charred coloration appears on the edges of the tomatoes-creating a "grilled" flavor after cooling. Cool at room temperature for 10 min. Cover loosely and place in the fridge.
5. Chop fresh herbs for dressing. Place all dressing ingredients in a food processor or blender and purée until smooth. Add water to thin if needed.
6. Toss with chopped baby spinach and serve with the cooled tomatoes.

HOW TO CUT AND STORE CANTALOUPE

Is it ripe? Ripe cantaloupe has a sweet melon smell where the stem was cut when it is ripe. You can also gauge by color, once there is no green hue to the rind, it is ready to eat. Ripe cantaloupe can be stored uncut on the counter for 5-7 days, or in the fridge for up to 10 days.

How should I store cut cantaloupe? Cut cantaloupe should be stored in the refrigerator. If you are only eating half of the cantaloupe, leave the other half intact with the seeds to help it stay fresh for longer. Cover the exposed parts of the cantaloupe flesh with plastic wrap before refrigerating. If you'd like to have cubed cantaloupe, store it in an air tight container. Cut fruit should be eaten in 1-2 days.

Information from Minnetonka Orchards



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COLD PASTA SALAD WITH BLISTERED VEGGIES

Serves: 4-6. Time: 1 hour from recipe to table, plus time to cool

Ingredients

- 1 box short pasta - penne, elbows, or rotini are great!
- 2 tablespoons olive oil
- Salt & pepper
- 1 teaspoon each, thyme, basil, oregano
- 3 Roma tomatoes*
- 1/2 cup onion*
- 1 cup zucchini*
- 1 cup bell pepper*
- 1.5 cups homemade or store bought Italian dressing
- 1 cup spinach*



Photo from *Damn Tasty Vegan*

Instructions

1. Cook the pasta according to package directions. Once cooked, rinse it with cold water, and place in the fridge.
2. Preheat oven to 400 deg F. Wash and slice the onion, zucchini, and bell pepper into 1/2" pieces.
3. Toss the onion, zucchini, and bell pepper with oil and arrange in a single layer on a foil or parchment lined sheet pan.
4. Slice the tomato into quarters, drizzle with oil and add to the sheet pan. Sprinkle the herbs over all the veggies and toss gently to coat.
5. Cook the veggies in the oven for 20-30 minutes until softened. Increase the heat to 500 deg or the 'broil' setting, and broil for 2-3 minutes to get the veggies to brown slightly.
6. Remove from oven, add the pasta and veggies to a large bowl and toss with your dressing. Let sit for 20-30 minutes (or for a day!) for the flavor to soak in. Add fresh chopped spinach just before serving. Serve cold!

ROASTED CARROT & POTATO CHIPS

Serves: 3-4. Time: 2 hours from recipe to table

When it's too hot for a hot meal, make your root vegetables into baked chips! Chop washed, unpeeled carrots and potatoes as thinly as possible. Toss with 1-2 tablespoons of oil and whatever seasonings you'd like. For a traditional seasoned chip, try 1 teaspoon garlic powder, 1 teaspoon paprika, 1 teaspoon salt, and 1/2 teaspoon black pepper. Arrange in a single layer on a lined baking sheet and bake at 200 deg F for 1-2 hours. Check after one hour and stir, and then continue checking every 10-15 minutes. The veggie pieces will shrink considerably! Pull them out when they seem slightly underdone to ensure they don't burn.