




# FOODSHARE GREENVILLE

powered by  MILL VILLAGE  
FARMS

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

**AUGUST 9TH, 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 \****

## APPLE OR PEAR SUMMER COLE SLAW

Serves: 6, Time: 30 minutes from recipe to table.

Recipe from Chef Cary Wolfe of Project Host

### Ingredients

- 1 medium size head green cabbage\*: cored, cut into thin strips
- 1 medium size onion\*: peeled, cut into thin strips
- 1 medium size bell pepper: seeded, cut into thin strips
- 2 apples or pears\*: unpeeled, cut into thin strips

### Dressing:

- 2 cups cider vinegar
- 1 cup vegetable oil
- 2/3 cup white sugar
- 2 tablespoons dijon mustard
- 2 teaspoons celery salt
- 1 teaspoon celery seed
- 2 teaspoons salt

### Instructions

1. In a medium colander, lightly toss shredded cabbage with 1 tablespoon salt. Place salted cabbage over sink and allow to drain for 30 min. This technique will help to "crisp" cabbage when refrigerated. Separately, combine onion, bell pepper and apples in a medium size mixing bowl.
2. While cabbage is crisping, prepare a "boiled" dressing by bringing the dressing ingredients to a slow simmer in a small sauce pan for 3 min. If desired, add a splash of your favorite hot sauce for a little spice. Remove from heat. Allow to cool.
3. Toss the crispy cabbage with the cooled dressing and remaining slaw ingredients in medium mixing bowl. Cover and refrigerate at least 3 hours or overnight. Serve as a side dish with any grilled food.

**Variation:** for a more "complete" dish, fold in any hearty leafy green such as kale, arugula, or spinach after marinating. Sprinkle with sunflower seeds, fresh basil and dried cranberries. Serve over jasmine rice.

## GRATE YOUR TOMATOES!

Summer is the height of tomato season, and sometimes we just end up with too many tomatoes. If you have trouble using them all up, trying grating them! Using the large holes on the box grater, grate the trimmed side of the tomato into a large bowl until nothing but skins remain. Discard skins. Add to a saucepan with a little olive oil, garlic, and fresh or dried basil, oregano, salt & pepper, and any other spices you'd like. Simmer for 3-5 minutes until the tomatoes are hot, then add parmesan and whisk until the cheese has melted (you can also skip the cheese if you're avoiding dairy!). Serve with pasta, or let it cool and spread it over toast with butter! Grated and cooked tomatoes will also keep for 3 months in the freezer in a ziploc bag.



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## ROASTED CABBAGE STEAKS

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

Recipe from Chef Bill Twaler

### Ingredients

- 1 head cabbage\*
- 3 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



Cabbage steaks before cooking

### Instructions

1. Preheat the oven to 400 deg F and line a baking sheet with foil or parchment paper.
2. Peel off the outer leaves of the cabbage if they are wilted or not a part of the solid head. Cut the cabbage in half, then remove the hard stalk at the base.
3. Cut the cabbage into large slices that resemble steaks, about 1/2 inch thick.
4. Arrange on a baking sheet and brush or drizzle with olive oil, making sure each steak is well coated. Sprinkle with salt and pepper.
5. Bake for 30-40 minutes, depending on desired color. The cabbage will soften and crisp around the edges, and the underside will caramelize.

Try serving the cabbage steaks drizzled with soy sauce and sesame seeds for a simple asian inspired side dish!

## BAKED ZUCCHINI CHIPS

Serves: 4. Time: 40 minutes from recipe to table

### Ingredients

- Olive oil spray
- 2 medium zucchini (about 1 pound total weight)
- 1 1/4 teaspoon kosher salt (not fine salt)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/4 cup dry-grated Parmesan (not shredded)  
OR nutritional yeast if vegan

### Instructions

1. Preheat oven to 425 degrees F. Line a rimmed baking sheet with parchment paper and spray oil.
2. Slice the zucchini into 1/8-inch-thick rounds. Sprinkle the slices with 1 teaspoon of kosher salt. Place the salted zucchini in a colander in the sink and let sit for 30 minutes. This removes water from the zucchini, which helps achieve crispiness. After 30 minutes, rinse and blot dry the zucchini slices using paper towels.
3. Spray with olive oil and sprinkle the zucchini slices with the remaining 1/4 teaspoon of kosher salt, black pepper, garlic powder, and grated Parmesan. Arrange in a single layer on the baking sheet.
4. Bake until the zucchini slices are browned and crisp, 20-25 minutes.

Recipe adapted from *healthyrecipesblog.com*