



# FOODSHARE GREENVILLE

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- FARMS -

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

**AUGUST 24TH, 2022**

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 \**

## BEAN BURGERS WITH CARAMELIZED ONIONS & PEPPERS

Serves: 4-6, Time: 1 hour prep + 30 minutes cooking

### Ingredients

- 1 can kidney beans or black beans
- 1/2 cup pecans or cashews
- 1/3 yellow onion\*
- 2 teaspoons minced garlic, or 1 teaspoon garlic powder
- 1 teaspoon cumin
- 2 tablespoons curry paste
- 1 tablespoon ketchup
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon oil
- 1/3 cup flour
- Optional: 1/2 cup chopped cilantro
- 1/2 onion & 1 bell pepper

### Instructions

1. Drain the beans but do not rinse them. Mash until chunky paste forms.
2. Finely dice the pecans or cashews, and yellow onion. The finer the pieces the more consistent the patty texture will be.
3. Add all of the ingredients, except the flour, into the bowl with the beans and mix well. Add the flour slowly until the mixture holds its shape when formed and doesn't crumble. It will be sticky.
4. Form your mixture into patties by placing 1/3 cup scoops onto a parchment paper-lined baking sheet. cover with another sheet of parchment paper and press into a patty shape.
5. Chill the patties for at least 20 minutes but up to overnight, or freeze them for up to 3 months.
6. When ready to cook, place them on the grill over medium heat for 4-5 minutes per side, or in an oiled frying pan over medium-high heat for 4-5 minutes per side.
7. To caramelize onions and peppers for a topping, heat a frying pan with oil over medium heat and add onions and peppers that have been cut into long thin strips. Cook, stirring frequently, for 15-20 minutes, until the onions have broken down and become dark brown, and the peppers have a slight char. Serve hot over your bean burgers.



Photo from: A Virtual Vegan



## CORN ON THE COB STORAGE & TIPS

**How long does it keep?** Corn on the cob is best used within two days of purchase. In the fridge, corn often dries out, and as it ages the sugars in the corn break down and become starchy, making the corn less sweet.

For optimal freshness, store the corn unshucked, in a plastic bag in the crisper drawer of your fridge.

**Can it be frozen?** A great way to preserve corn is to blanch it before freezing. Shuck the corn and place it in boiling water for 30 seconds to 1 minute, then immediately place it in a bowl of ice cold water. From here, you can freeze whole ears of corn, or cut the kernels off and freeze those. The corn will keep for about 6 months in the freezer and will retain its color, texture, and taste better than if it had not been blanched.

**What's the easiest way to cook it?** Corn on the cob can actually be made in the microwave in a few minutes! Simply place the corn, husk still on, in the microwave for 3-4 minutes, then carefully cut the bottom of the corn off and slide the husks off. Corn can also be cooked on the grill in the same way- in the husk. If you plan to boil your corn, husk it first and then place in already boiling water for 3-5 minutes.

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## BEST ROASTED BROCCOLI

Serves: 3-5, Time: 40 minutes from recipe to table.

### Ingredients

- Broccoli crowns
- 2 tablespoons olive oil
- 1 teaspoon fresh minced garlic
- 2-3 tablespoons finely grated parmesan cheese
- OR 1 tablespoon nutritional yeast (found near the baking soda in grocery stores)
- 1 lemon
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon red pepper flakes
- Optional: For extra zing, instead of the seasonings above, use a portion of powdered ranch dressing mix.

### Instructions

1. In a small bowl or jar, mix together the olive oil, minced garlic, cheese or nutritional yeast, salt, pepper, red pepper flakes, and the juice from half a lemon.
2. Chop the broccoli crowns into small pieces, no more than 1 inch wide and place in a large bowl.
3. Pour the marinade made in step 1 over the broccoli, and toss to coat. Add more of each ingredient as needed.
4. Bake at 375 deg F for 20-30 minutes until the broccoli becomes slightly crispy on the edges (or really crispy if you like it that way!).
5. Squeeze additional lemon juice from the other lemon half over the broccoli before serving.

**Tip: Nutritional yeast is a plant based seasoning that provides a cheesy flavor as a replacement for dairy. It is a complete protein, and high in nutritional value. Try it in this recipe, or put it on popcorn, grits, salads, or anywhere you want a bit of cheesy flavor and protein but without the fat of dairy.**