



FOODSHARE GREENVILLE

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- FARMS -

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

HEALTHY BROCCOLI SALAD

From Hummusapien

Place 2 heads of chopped broccoli (florets only), 1/2 cup diced red onion, 1/3 cup roasted sunflower seeds, and 1/3 cup dried cherries or cranberries in a large mixing bowl. In a small bowl, whisk together 1/2 cup plain yogurt, 2 tablespoons olive oil, 1 1/2 tablespoon white vinegar, 1 tablespoon honey, 1/2 teaspoon salt, and 1/2 teaspoon pepper until smooth. Pour over broccoli mixture and toss until everything is coated. Taste and adjust seasoning if needed. The broccoli will soften a bit and the salad will get more flavorful as it sits in the refrigerator.



Ingredients

- 1 pound of penne pasta
- 2 zucchini
- 2 squash
- 1 large onion
- 4 Roma tomatoes or 1 cup of grape tomatoes
- 1/2 cup (optional) heavy cream
- 1 lemon
- 1 garlic clove
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 1 tablespoon Italian seasoning
- parmesan cheese
- fresh parsley

PASTA PRIMAVERA

From Chef Stephanie Bolden of
Chefanie Catering

Instructions

1. Cook pasta in boiling, salted water according to package directions. Remove pasta and reserve pasta water.
2. Cut zucchini and squash into half-moons. Cut into 4 quarters lengthwise and then into pieces.
3. Cut onion in half and julienne (cut into strips). Cut Roma tomatoes into quarters, then pieces to match zucchini/squash, or cut grape tomatoes in half. Finely mince garlic.
4. In a large sauté pan or deep pot on medium-high heat, add a drizzle of olive oil and start by sautéing onion. Cook for 2 minutes until onions soften, but do not turn brown.
5. Add zucchini, squash, and garlic and sauté for another 2 minutes. Make sure the garlic does not burn!
6. Add tomatoes and seasoning and sauté until everything is mixed.
7. Add cooked pasta to vegetables and mix. Add heavy cream. Add 1 cup of reserved pasta water.
8. Squeeze lemon directly into pasta and veggies. Make sure to catch any seeds.
9. Add grated Parmesan cheese.
10. Add additional water to get the desired consistency for the sauce.
11. Mix and pour into the serving bowl.
12. Top with fresh parsley and more parmesan cheese if desired.