



FOODSHARE GREENVILLE

powered by  MILL VILLAGE FARMS

DON'T FORGET TO REORDER YOUR NEXT BOX!

NOVEMBER 30TH, 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 **

FRESH OUT OF THE BOX WITH FOODSHARE

JOIN US IN PERSON TONIGHT! REGISTER USING THE QR CODE BELOW!

CHEF AURELIA CRAFT



This month Chef Aurelia Craft, owner of Wisdom of Foods, will be joining us on Fresh Out of the Box! Chef Aurelia is a graduate of Village Launch's Business Entrepreneur Academy and the Truist Culinary and Hospitality Institute. She is passionate about educating others on healing their own bodies through a healthy diet and lifestyle. Chef has an inspiring story to share of her overcoming cancer and other physical ailments with the help of food as medicine. On Fresh Out of the Box, Chef Aurelia will be teaching us how to make a delicious smoothie using carrots, kale, ginger, garlic, lemon*, apples*, tangerine*, avocado*, and almond milk.

Find Chef Aurelia on Instagram at @wisdom_of_foods or her website wisdomoffoods.com!

ZESTY SAUTEED CABBAGE & BROCCOLI

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

Ingredients

- 1.5 cups fresh broccoli florets*
- 2 cups shredded red cabbage*
- 2 tablespoons olive oil
- Juice & zest of 1 lemon*
- Juice and zest of 1/2 a tangerine*
- 1.5 teaspoons honey
- 2 cloves garlic, minced
- Salt and Pepper to taste

Instructions

1. In a small jar, mix together 1 tablespoon olive oil, the juice and zest of the lemon and half a tangerine, the honey, minced garlic, and a touch of salt and pepper.
2. Over medium heat, add the other tablespoon of olive oil and broccoli. Cook for 5 minutes until broccoli begins to soften. Add the cabbage to the pan and stir well. Cook for 5 minutes until cabbage begins to wilt.
3. Add the oil, citrus, honey, garlic mixture to the pan and turn heat to medium high. Cook until desired doneness, about 5 minutes more.

Optional: Add a teaspoon of stone ground or regular mustard to the oil mixture for increased zing.

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VEGAN STUFFED PEPPERS

Serves: 4, Time: 1.5 hour from recipe to table.

Ingredients

- 1 cup cooked rice or similar grain
- 1/2 red onion*
- 1 8oz. package mushrooms*
- 6 large kale leaves
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1 can cannellini beans OR 1 package tempeh, crumbled
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/4 teaspoon red pepper flakes
- 1 cup tomato sauce
- Optional: Nutritional yeast/vegan cheese or mozzarella cheese
- 4 green bell peppers*
- Salt & pepper to taste

Instructions

1. Preheat oven to 350 degrees F.
2. Cook 1 cup brown rice or other similar grain in vegetable broth. Quinoa, lentils, or white rice would also work.
3. Finely dice the red onion and mushrooms, and chop the kale into thin strips.
4. In a large skillet, heat oil over medium heat and add the onion and mushrooms. Cook for 5 minutes until the onions are beginning to turn translucent and the mushrooms are becoming soft. Add the minced garlic, cannellini beans (or tempeh), the oregano, basil, and red pepper flakes.
5. Cook for 5 additional minutes, then stir in the tomato sauce and rice. Add cheese if desired.
6. Cut the top of each bell pepper off and remove all seeds. Place the pepper halves on a baking sheet lined with foil.
7. Remove rice and veggie mixture from heat, and scoop into the pepper halves. Top with additional cheese if desired. Cover loosely with foil.
8. Bake stuffed peppers covered for 25-30 minutes. Remove cover and bake for 5 - 10 more minutes.

Optional: If you are not vegetarian or vegan, try adding sausage instead of tempeh, and cook the rice using chicken stock. Also try adding other vegetables, like squash, zucchini, or sweet potato! *Recipe Adapted from the Simple Veganista*



PRODUCE STORAGE TIP OF THE WEEK:

Do you find that your mushrooms go bad before you get to using them? Keeping mushrooms in plastic causes them to go rotten quickly- if they start to smell stinky, it is time to toss them. Try removing the mushrooms from the plastic container, washing them well and letting them dry for 2-4 hours on the counter, then putting them in a brown bag in the fridge. This will help them stay fresh for a week or longer!