



# FOODSHARE GREENVILLE

powered by  MILL VILLAGE FARM

DON'T FORGET TO RE-ORDER YOUR NEXT BOX!

SEPTEMBER 21ST, 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.

## FRESH OUT OF THE BOX WITH FOODSHARE

WATCH CHEFS COOK THESE RECIPES ON *MILL VILLAGE FARMS* FACEBOOK!  
VIDEO WILL BE POSTED TONIGHT AT 8PM!

### MANGO SALSA

#### Ingredients

- 1 Mango (chopped in small cubes)
- 1 Red Onion (chopped very small)
- 1 Green Onions (chopped very small)
- 1 Ripe large hass avocado (chopped in small cubes)
- 1 Red Tomato (chopped in small cubes)
- 1 Cilantro (finely chopped)
- 2 Limes
- Salt and pepper

*This recipe is from Chef Audrey at Latin Flavorz! They are located in Greer and provide dine in and catering services. Tune in to Fresh out of the Box to learn the best tips for making this mango salsa!*

#### Instructions

1. Finely chop all ingredients into small cubes.
2. Toss together, adding finely chopped cilantro, the juice from both limes, and salt and pepper to taste.
3. For extra kick, try adding one hot finely chopped hot pepper!

### CELEBRATING HISPANIC HERITAGE MONTH

National Hispanic Heritage Month is annually celebrated from September 15th to October 15th in the United States for recognizing the contributions and influence of Hispanic Americans to the history, culture, and achievements for the United States.

To celebrate, try cooking with more Mexican inspired spice blends this month. Making your own spice blends is easier than you might think, and can add depth of flavor that is difficult to achieve with store bought blends. Some traditional Mexican spices include: Ancho chili powder (made from poblano peppers), cilantro, cumin, coriander, Mexican oregano, smoked paprika, onion, and garlic. Try stirring combinations of these spices into ground beef, refried beans, or tofu crumbles for the protein of your next Mexican inspired meal.





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## LENTIL STUFFED ACORN SQUASH

Serves 4, Recipe to Table in 1 hour 30 minutes

**CAUTION:** Acorn squash can be difficult to cut! Use a durable cutting board and sharp knife and always cut away from yourself.



### Ingredients

- 2 acorn squash
- 2 tablespoons olive oil
- 1/2 onion, diced (shallots or sweet onion are best, but any kind works!)
- 1 jalapeno pepper
- 1 1/2 teaspoons cumin seeds
- 1 1/2 teaspoons mustard seeds
- 1 cup lentils
- 2 cups vegetable broth
- 2/3 cup canned coconut milk
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Optional cashew raita topping:

- 1 cup raw cashew pieces, soaked in hot water for 30 minutes–2 hours
- 2 tablespoons fresh mint leaves
- 3 tablespoons lemon juice
- 1/4 cup water
- 1/2 teaspoon salt
- 1/2 small cucumber

### Instructions

1. Preheat oven to 375 degrees F. Cut both squash lengthwise and scoop out seeds. Keep the seeds. Place each half cut side down on a greased baking sheet and bake for 30–45 minutes, until the flesh is easily pierced with a fork.
2. On a separate baking sheet, toss the reserved seeds with a splash of oil and salt, and roast for 10–15 minutes while the squash cooks.
3. While the squash is cooking, heat olive oil in a medium pot over medium heat. Add diced onion and finely chopped jalapeno pepper.
4. Cook until translucent, stirring often. Add the cumin and mustard seeds and cook for one minute, until aromatic.
5. Add the lentils and broth and bring to a boil. Once boiling, reduce heat to a simmer and cover. Cook for about 30 minutes until the liquid has been absorbed and the lentils are tender.
6. Add the coconut milk and vinegar and season with salt and pepper, cooking until the liquid has been absorbed.
7. For the cashew raita, combine all ingredients except the cucumber in a food processor and run until very smooth. Stir the cucumber in by hand. Keep refrigerated until serving.
8. Serve this dish by spooning the lentils into the cooked acorn squash, and topping with roasted squash seeds and cashew raita!

*Recipe adapted from The New York Times*

## ACORN SQUASH TIPS

The easiest way to cook acorn squash is cut into strips along its natural lines, and roasted. Acorn squash can be peeled, but it is easier to cook it with the skin on, and remove the skin after cooking. Acorn squash can be seasoned with savory or sweet spices, but it is naturally a bit less sweet than other winter squash, like butternut or delicata. Make sure you use a sharp knife and sturdy cutting surface when halving acorn squash, as it can be tough to cut.