



FOODSHARE GREENVILLE

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- FARMS -

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

SEPTEMBER 7TH, 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 **

RUTABAGA 101

What are they? Rutabagas are a sweet & earthy flavored root vegetable that can be used in similar ways as potatoes or turnips. Rutabagas are traditionally a winter vegetable, and can be cooked in a variety of ways.

Nutrition? One cup of rutabaga has approximately 50% of your daily value of vitamin C. They're also rich in fiber, vitamin B6, potassium, and magnesium!

How to cook? Always peel rutabagas before using. They can then be cut into slices, cubes, or fries and roasted, boiled or baked! If roasting, bake at 375 degrees F for 20-30 minutes depending on the size of your slices or chunks. See below for a recipe for simple mashed rutabaga.

MASHED RUTABAGA

Serves: 2-4, Time: 45 minutes from recipe to table.

Recipe from The Spruce Eats

Ingredients

- 1 rutabaga*, washed and peeled
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup butter or butter substitute
- Optional: chives and garlic powder

Instructions

1. Wash the rutabaga, then cut both ends off. Peel the rutabaga and cut into 1-2 inch chunks.
2. Place into a saucepan and cover with water and 1 teaspoon salt. Bring to a boil and then reduce heat and simmer for 25-30 minutes until the rutabaga can be easily pierced with a fork.
3. Drain the water and use a potato masher or food processor to mash.
4. Add the butter and pepper, plus additional salt if desired. Mash until smooth, and garnish with chives and garlic powder if desired.



Other variations to this side dish include adding sour cream or greek yogurt with your chives for extra protein, or fold in caramelized onions and roasted garlic when mashing!



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CHICK(EN)PEA SALAD

This is a vegetarian alternative to chicken salad. Try it on a sandwich or with crackers!

Serves: 2-4, Time: 25 minutes from recipe to table.

Ingredients

- 1/2 red onion
- 1/4 head of celery*
- 1 large carrot*
- 2 cans chickpeas
- 2/3 cup mayonnaise (or vegan mayo substitute)
- 2 tablespoons soy sauce
- 2 tablespoons nutritional yeast
- 1 large lemon (or 2 small)*

Instructions

1. Finely dice the red onion and celery into as small of pieces as possible.
2. Using the large side of a box grater, shred the carrot.
3. Drain chickpeas and put into a large mixing bowl. Mash using two forks, your hands, a potato masher, or lightly pulse in a food processor for 10-15 seconds. The chickpeas should be half mashed, with some still mostly intact.
4. Add the red onion, celery, and carrot and toss together.
5. Add the mayonnaise (use a vegan substitute if avoiding egg products!), soy sauce, nutritional yeast, and juice from one lemon.
6. Mix well and add additional mayo, soy sauce, or other ingredients to taste.

ROASTED RED CABBAGE

Serves: 2-4, Time: 45 minutes from recipe to table.

Ingredients

- 1 head red cabbage
 - 2 tablespoons olive oil
 - 1 tablespoon balsamic vinegar
 - 1/2 teaspoon honey
 - 1 teaspoon mustard
 - 1/4 teaspoon garlic powder
 - 1/4 teaspoon onion powder
 - Pinch of red pepper flakes
 - 1 teaspoon kosher salt
 - 1/2 teaspoon black pepper
- Recipe from: *Last Ingredient*

Instructions

1. Preheat the oven to 400 degrees F. Trim the bottom off the cabbage and cut it in half lengthwise. Then cut it into 1/2-inch-thick slices.
2. In a medium bowl, whisk together the olive oil, balsamic vinegar, honey, mustard, garlic powder, onion powder, red pepper flakes, salt and pepper. If possible, it helps to do this in a wide shallow bowl with a flat bottom.
3. Dip each cabbage slice on both sides in the marinade. Place the slices on a sheet pan in a single layer. They should not be touching or overlapping.
4. Roast the cabbage for 20-25 minutes until browned in spots and caramelized at the edges. Serve warm!