



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

JANUARY 11TH, 2023

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 **

PINEAPPLE SALSA

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

Serve with tacos or chips and cheese! Keeps in the fridge for five days.

Ingredients

- 2 cups pineapple*
- 2 avocados*
- 1 bell pepper* (any color)
- 2 cups diced tomatoes*
- 1/2 yellow onion*
- 1/4 cup fresh cilantro, chopped
- 1 tablespoon lime juice (2 limes)
- 1 teaspoon minced garlic

Optional Spices:

- 1/2 jalapeno pepper
- 1 teaspoon Tajin

Instructions

1. Cut the pineapple according to the instructions below, and then chop the large chunks into small pieces, about 1/4 inch each.
2. Dice the bell pepper, onion, tomatoes, and avocado into small pieces as well. Reserve the juice from the tomatoes.
3. Toss the pineapple, bell pepper, onion, and tomatoes together with the chopped cilantro, lime juice, minced garlic, and any of the optional spices in a large bowl.
4. Once mixed thoroughly, add the avocado and mix gently so that the avocado is mixed in but does not become smashed.

HOW TO CUT A PINEAPPLE



1. Using a large, non-serrated knife, slice the top of the pineapple off.
2. Holding the pineapple upright, slice the skin off of each side, until only yellow flesh remains on the sides.
3. Cut in half lengthwise, and then chop to desired shape.

You can remove the core if desired, as it has a chewier texture than the rest of the fruit.

EST. 2015



FOODSHARE GREENVILLE

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FARMS**

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SIMPLE SKILLET YELLOW SQUASH

Serves: 3, Time: 20 minutes from recipe to table.

Ingredients: 1/2 tablespoon olive oil, 2 medium yellow squash* salt and pepper to taste.

Optional: Garlic, red pepper flakes, basil or thyme, parmesan cheese

Instructions: Cut the ends off of the squash and cut into 1/4 inch thick slices. Cut each slice into quarters. In a medium skillet, heat the olive oil over medium heat until hot. Add the yellow squash and sprinkle with salt and pepper, it should sizzle as it hits the pan. Let it sit without stirring for 2-3 minutes so it can get nice and golden. Give it a good stir and let it continue to cook, stirring occasionally, until the squash is browning and tender, about 5-7 more minutes. Top with parmesan if desired and serve hot. *Recipe Adapted from Mel's Kitchen Cafe*

MAKE IT A MEAL

The squash recipe above is a quick and easy side dish, but you can turn it into a quick and easy meal with these variations!

Vegetarian Loaded Quesadillas: Before adding the squash to the skillet, sauté 1/2 cup chopped onions* until they are translucent. Then add the chopped squash along with chopped bell pepper*, tomatoes*, mushrooms, spinach, or any other vegetables you have on hand. Cook according to the directions above, then portion them into tortillas, cover with cheese, and cook the quesadilla over a hot skillet until the cheese is melted and tortilla is golden brown on both sides.



Sausage Skillet Meal: Cook 3/4 lb of sliced Kielbasa sausage, or a sausage substitute if avoiding meat. Once cooked, set aside and sauté 1/2 cup chopped onions* until translucent. Add the chopped squash*, and bell peppers* and cook according to the directions above. Add in a handful of chopped tomatoes* and the Kielbasa and serve with rice or garlic bread.



Quinoa Salad Bowl: Cook the squash according to the directions above. Cook 3/4 cup quinoa according to package directions. Set both aside to cool. Cook 1 package of tempeh, sliced or 1/2 pound chicken, sliced in a skillet, seasoning with balsamic vinegar. Once cooked, toss together quinoa, squash, and tempeh or chicken with chopped tomatoes*, tender leaf lettuce*, parmesan cheese, sunflower seeds, and dressing of choice.

