



FOODSHARE GREENVILLE

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BOX!**

MARCH 8TH, 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 **

RADISH APPLE SLAW

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

Ingredients

- 4 cups thinly sliced green cabbage*
- 1 cup thinly sliced green apple*
- 1 cup thinly sliced radishes*
- 1 tablespoon finely chopped onion*

Dressing:

- 1/4 cup apple cider vinegar
- 1/4 cup lemon juice
- 1 tablespoon mustard (preferably dijon)
- 1 tablespoon honey or 1 teaspoon sugar
- 1/2 cup olive oil
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 2 small cloves garlic, minced (1 teaspoon)
- Optional: 1 teaspoon of celery seed

Recipe adapted from *Chef Billy Parisi*

Instructions

1. Cut the cabbage into very thin slices so it appears shredded. Wash the radishes and apples thoroughly and cut into thin slivers as well, leaving the peel on. Combine in a large bowl.
2. In a mason jar or bowl, combine the dressing ingredients. Whisk together or shake in a mason jar with the lid on. Adjust the dressing with honey to desired sweetness and acidity.
3. Drizzle the dressing over the vegetable mix and toss well. Let sit for 30 minutes to overnight and serve cold.

Try serving this slaw with tacos, burgers, or in a grilled cheese sandwich! The slaw will keep in the fridge for 3-5 days.



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STOVE-TOP SKEWER BOWLS

Serves: 4, Time: 1 hour from recipe to table.

Ingredients

- 8 oz package mushrooms*
- 1 zucchini*
- 2 banana peppers*
- 1/2 onion* (red or yellow)
- Optional: 1/2 pound chicken breast or tofu (pressed)

Marinade:

- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- 1 tbsp lemon juice
- 2 tsp dijon mustard
- 1 teaspoon honey
- 2 garlic cloves, minced
- 1/4 cup fresh herbs, chopped
- Salt and pepper

Serving Suggestion: Serve with quinoa or rice in bowls with additional marinade

Instructions

1. Wash and cut vegetables into 3/4 inch chunks and place into a shallow pan in a single layer. If adding a protein (chicken or tofu) place this in the pan as well
2. Whisk together marinade ingredients, adjusting spices to taste, and pour over the vegetables.
3. Cover and allow to sit for at least 30 minutes but up to overnight.
4. Place the marinated veggies and protein onto skewers if desired.
5. Heat 1/2 tablespoon of oil over medium high heat in a large frying pan. Cook the protein and vegetables until the internal temperature reaches 165 degrees F. Once cooked through, turn the heat to high for 2 minutes to get a char on the vegetables.

Optional: If you have a grill, these taste great cooked over medium heat for 10 minutes! Just be sure to soak your skewers in water beforehand to reduce risk of burning.

MAKE HYDRATION FUN!

As spring approaches and the days get longer and warmer, it's important to stay hydrated. If you have trouble staying motivated to drink water, try adding some produce to it! Adding a slice or squeeze of orange, kiwi, or even celery to your water can change up the taste while adding some nutrients. Plus, it looks more fun to drink! Have trouble getting kids to drink water? Include them in the fun and let them pick out a fruit to add to their water. A good rule of thumb is to drink at least half an ounce of water for every pound that you weigh.

