



FOODSHARE GREENVILLE

powered by  MILL VILLAGE
- FARMS -

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

APRIL 19TH, 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 **

GARLIC ROASTED POTATOES AND/OR BROCCOLI

Serves: 4

Time: 40 minutes from
recipe to table

Ingredients

- 3 cups of potatoes*, cut into 3/4 inch pieces
- 2 cups broccoli florets, cut into 3/4 inch pieces
- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- salt and pepper, to taste
- 1/2 teaspoon thyme
- 1/2 teaspoon parsley
- 3 garlic cloves*, minced

Instructions

1. Bring a large pot of water to a boil, add the potatoes, and boil for 5-6 minutes. Meanwhile, preheat the oven to 400° F.
2. Drain the water from the pot and toss the boiled potatoes and raw broccoli with olive oil, apple cider vinegar, salt and pepper, thyme, parsley, and minced garlic cloves.
3. Arrange the potatoes and broccoli on a baking sheet in a single layer. Roast for 20-25 minutes, flipping halfway through. For extra crispiness, broil for 1-2 minutes at the end.



PRODUCE TIP OF THE WEEK: GARLIC

- Garlic will keep for several months if stored in a cool dark place with the 'peel' intact. If your garlic sprouts, or produces a green shoot, it is still good to eat but it may have a more bitter taste.
- Garlic is often used minced- or cut into very small pieces. This creates more surface area for the flavor compounds in garlic to release into your dish. Additionally, cutting garlic allows it to release compounds that are beneficial to your health!
- Roasting garlic is another great way to eat it. Remove the outer peel from a garlic bulb, wrap in foil, and bake at 400 deg F for 30-40 minutes. Remove the rest of the peel before eating. Roasted garlic is great for garlic bread, in hummus, or wherever a bit of creaminess is wanted.



FOODSHARE GREENVILLE

powered by  MILL VILLAGE FARM

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

VEGETABLE QUICHE

Serves: 4-6. Time: 1.5 hours from recipe to table (1 hour to cook)

Ingredients

Pie Crust

- 1/2 cup COLD unsalted butter, crisco, or butter substitute
- 1/2 teaspoon salt
- 1 1/3 cups flour
- 5-6 tablespoons ice water

Quiche Filling

- 1/2 cup diced yellow or white onion
- 1/2 cup diced bell pepper*
- 1/2 cup finely sliced mushrooms
- 1/2 cup sliced spinach* or kale
- 1 cup shredded cheddar cheese
- 6 eggs
- 1 cup milk
- Salt, pepper, and red pepper to taste

Photo from Low Carb Maven



Instructions

1. In a large bowl, cut the butter into the flour and salt using two forks, until the butter is distributed and the flour is in balls smaller than a pea.
2. Add 4 tablespoons of cold water and mix until the dough forms. Add 1-2 additional tablespoons of water if needed. Dough should form a still ball that is still a bit flaky. Roll the dough into a 9" circle and place into a pie pan.
3. Preheat oven to 450 degrees F. Wash and dice all veggies small. Place the chopped veggies and cheese into the pie crust.
4. In a bowl, whisk together the eggs, milk, and desired seasonings. Pour over the veggies until the pie crust is full.
5. Roll the pie crust edges in to finish the crust.
6. Bake at 450 deg F for 15 minutes, then reduce heat to 350 deg F and cook for an additional 45 minutes.
7. Remove from oven and let sit for at least 15 minutes to set before serving.

Tips: For a slightly healthier, dairy free, version, skip the cheese and increase the veggies, and substitute milk for any plant based milk.

3 DIPS TO MAKE CELERY FUN

Celery is great in soups, but often gets forgotten as a crunchy snack! Because of its high water content, it has a neutral flavor that tastes great with a variety of dips. Try 'ants on a log' by spreading **peanut butter and then raisins** on top of celery sticks, dipping in **plain greek yogurt mixed with ranch dressing dip mix**, or put on some **ricotta cheese and drizzle with balsamic vinegar**. All of these options are a great way to get kids in the kitchen too! Have them come up with their own combinations to try new things.