



FOODSHARE GREENVILLE

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- FARMS -

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

MAY 17TH, 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 **

ALL ABOUT EGGPLANT

- **What do I do with it?** Eggplant can be roasted and mashed into Baba Ganoush, chopped and grilled, or pan fried. Eggplant tastes best when cooked to create a softer texture and better flavor.
- **Eggplants don't like it too cold!** The best temperature to store eggplant at is around 50 deg F. Keep your eggplant in a dark spot on your counter to keep it cool, and try to eat it within one week.
- **What's it taste like?** Eggplant takes on the flavor of whatever it is cooked with, and can have many different textures depending on the cooking method. Salting eggplant and then patting it dry can help remove bitterness from the vegetable.

BABA GANOUSH (EGGPLANT HUMMUS)

Serves: 2-3. Time: 1 hour from recipe to table

Ingredients

- 1 eggplant*
- 2 tablespoons olive oil
- Salt & Pepper
- 2 cloves garlic or 1 teaspoon garlic powder
- 1 tablespoon lemon juice
- 1 tablespoon tahini or peanut butter
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- Optional: Flat leaf parsley

Baba Ganoush is a Mediterranean side dish similar in texture to hummus, but with a smokier taste. Recipe adapted from Epicurious & Chef Bill Twaler



Instructions

1. Preheat oven to 450 deg F. Slice eggplant in half lengthwise and score a cross hatch pattern in the flesh. Rub with olive oil, salt, and pepper and place flesh side down on a lined baking sheet. Bake for 30-40 minutes until the skin is easily pierced with a fork.
2. While the eggplant bakes, mix together the minced garlic, lemon juice, tahini (or peanut butter), cumin, and paprika in a medium bowl.
3. Once the eggplant has come out of the oven, allow it to cool for a few minutes, then scoop the flesh into the bowl with the garlic mixture, leaving the skin of the eggplant behind.
4. Mash all ingredients together, using a fork, mortar and pestle, or food processor, until almost smooth, adding olive oil as needed.
5. Season with additional lemon, garlic, or other spices as desired.

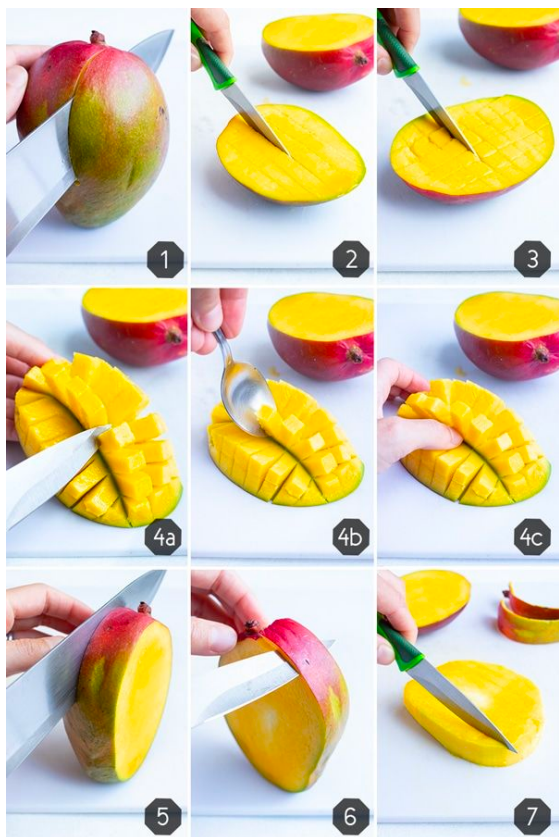


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HOW TO CUT A MANGO



1. Cut two thick slices off on either side of the pit in the middle.
2. Cut a cross hatch pattern by cutting horizontal and then vertical lines, not going all the way through the skin of the mango.
3. Invert the skin to separate the sections, and scoop out with a spoon.
4. Cut the skin off around the pit, and carefully slice off the remaining flesh.

Mangoes are ready to eat when slightly soft, and should be stored at room temperature!

SOUTHWEST VEGGIE BOWL

Serves: 4. Time: 40 minutes from recipe to table

Ingredients

- 1 tablespoon vegetable oil
- 1/2 yellow onion*, sliced
- 1 red bell pepper*, sliced
- 2 ears of corn*
- 2 cloves garlic, minced (or 1 teaspoon garlic powder)
- 1 packet fajita seasoning (or a mixture of cumin, cayenne, and paprika)
- 2 cups rice, prepared according to package
- 2 cans black beans, drained
- 1 avocado*
- Optional: Lime juice & cilantro

Instructions

1. Slice all vegetables into long, thin strips. For the corn, microwave in husk for 4 minutes, then shuck and cut off the cob.
2. Over medium high heat, add the oil and onion, cooking for 5 minutes until soft, then add the bell pepper, corn, and garlic. Cook for 5 minutes, then add half of the packet of fajita seasoning and turn heat to high to char slightly, for about 3 minutes.
3. While the veggies are cooking, heat the drained black beans in a pot over low heat. Add the additional fajita seasoning if desired.
4. Serve by layering cooked rice, beans, vegetables, and sliced avocado. Add lime juice and cilantro to top just before serving.

Mix it up by adding a mango salsa, ground beef, cheese, or other vegetables!