#### MAY 31ST, 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 \*

### CHICKPEA SALAD LETTUCE WRAPS

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

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

### <u>Ingredients</u>

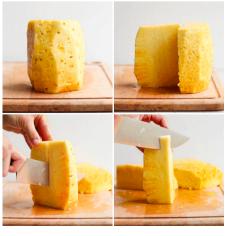
- 1/2 red onion\*
- 1/4 head of celery\*
- 1 large carrot\*
- 3 cans chickpeas
- 2/3 cup mayonnaise (or vegan mayo substitute)
- 2 tablespoons soy sauce
- 2 tablespoons capers and juice
- 2 tablespoons nutritional yeast
- 1 lemon
- Whole romaine leaves\*

#### <u>Instructions</u>

- 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. Serve on whole romaine leaves as a lettuce wrap.

# 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.

### BAKED BEET AND CARROT CHIPS

Serves: 2-3. Time: 40 minutes from recipe to table

#### **Ingredients**

- 1 cup beets, peeled and finely sliced\*
- 1 cup carrots, finely sliced\*
- 1 cup russet potatoes, finely sliced\*
- 1/4 cup olive oil
- Salt and pepper

#### Instructions

- 1. Preheat oven to 400 degrees F and line a baking sheet with foil or parchment paper.
- 2. Wash all produce and peel the beets.
- 3. Slice the beets and potatoes into 1/8 inch or thinner slices and cut the carrots into slices lengthwise.
- 4. Toss all veggies with olive oil, salt, pepper, and any other desired spices.
- 5. Baked for 20 minutes, until edges of veggies are crispy. Serve hot, and keep leftovers refrigerated.

## QUICK STOVETOP TOMATO SAUCE

Serves: 2-3. Time: 30 minutes from recipe to table

### <u>Ingredients</u>

- 2 tablespoons olive oil
- 1/4 onion\* (any color)
- 4 oz mushrooms\* (optional)
- 1/4 bell pepper (optional)
- 8 oz tomatoes\*
- 1 clove minced garlic or 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- Salt and pepper to taste



## Instructions

- 1. Roughly chop the tomatoes, onion, bell pepper, and mushroom (if using).
- 2. In a deep saucepan over medium heat, add the olive oil, onions and mushrooms and cook until translucent.
- 3. Add the tomatoes, bell pepper, and desired spices. Reduce heat to low, cover, and let simmer for 15 minutes.
- Check the taste and add additional spices, or a touch of sugar if the sauce is too acidic.
- 5. Use a hand blender to blend the sauce until smooth, or mash with a fork and serve chunky.

# HOW TO RE-GROW GREEN ONIONS ON THE COUNTER

When using, chop from the dark green portion down to about an inch and a half above the root. Place the root base into a small jar, and cover the bottom inch with water. Make sure the tops stay propped up above the water line. Change the water every day and in about a week you'll have new green onions to eat!

