



FOODSHARE GREENVILLE

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FARMS

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

OCTOBER 4TH, 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 *

CIDER MARINATED KALE SALAD WITH PEARS & PECANS

Serves: 4. Time: 15 minutes active, 2 hours or overnight total

Recipe from Chef Cary Wolfe of Project Host

Ingredients

For the Cider Vinaigrette:

- 3 cloves fresh garlic: minced or 1 tablespoon garlic powder
- 1/2 cup apple cider vinegar
- 1/2 cup olive oil or other mild vegetable oil
- 1/2 cup raw honey
- 1/2 teaspoon crushed red pepper
- Salt to taste
- Ground black pepper to taste

For the Kale Salad:

- 1 bunch green kale*: about 8oz.
- 1 pear*: unpeeled and chopped into one-inch pieces
- 1/2 cup dried cranberries
- 1 cup toasted pecan pieces or sunflower seeds

Optional: 3 oz. blue cheese, feta cheese or romano cheese



Instructions

1. Prepare the vinaigrette by combining all ingredients in a medium size mixing bowl. Vigorously whisk all ingredients until well emulsified and set aside.
2. Chop kale into bite-size pieces and remove large ends and stems.
3. Add to a large bowl and pour prepared dressing over greens.
4. Use hands to toss and squeeze kale to ensure it is well coated with dressing. Cover and allow to marinate for at least 2 hours or overnight.
5. When ready to serve, fold in remaining salad ingredients. Adjust seasonings with salt, pepper and a good drizzle of olive oil.
6. Refrigerate marinated kale in an airtight container up to 7 days.

Make it for meal prep:

Cook 1 lb of chicken or your desired protein in a reserved quarter cup of the prepared dressing. Also cook 1 1/2 cups quinoa, cous cous, or other grain. Pack into containers for lunch by layering the grain on the bottom, then salad, then protein. To keep it interesting, alternate your protein between meat, eggs, and tofu, or change out your grain for potatoes or another starch.

The possibilities are endless!



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CREAMY POTATO SOUP WITH CAULIFLOWER & KALE

Serves: 6, Time: 50 minutes from recipe to table.

Ingredients

- 1 cup onion*, roughly chopped
- 3 cups roughly chopped cauliflower*
- 3 cups roughly chopped potatoes*
- 4 oz (half container) mushrooms*, chopped (optional)
- 1 tablespoon olive oil
- 1 teaspoon minced garlic or 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 2 bay leaves
- 4 cups vegetable or chicken stock
- 3 cups water
- Optional: 1/2 cup whole milk & white cheddar cheese



Instructions

1. Chop the vegetables and in a large pot add the onion and olive oil. Cook over medium heat for 5 minutes until the onion is translucent.
 2. Add the cauliflower, potatoes, mushrooms (if using), garlic, and pepper and cook for one minute more, stirring.
 3. Add the stock and water, ensuring all vegetables are covered. Add the bay leaves and cover. Cook for 20-30 minutes, until the potatoes and cauliflower can be pierced with a fork.
 4. Remove the bay leaves from the pot.
 5. Once the potatoes are cooked through, remove from heat. Reserve 2 cups of the cooked vegetables in a measuring cup or bowl. Using an immersion blender or stand blender, blend the rest of the soup until smooth, and then add back the 2 cups of reserved vegetables. For a creamier and more uniform texture, blend all of the soup. For a chunkier, stew like texture, blend less or none of the contents.
 6. If using milk and cheese, add while the soup is still hot and cook over low heat until incorporated, but don't let boil.
- Optional: For stronger flavor, add more garlic, red pepper flakes, or Italian spices like thyme or rosemary.

KALE CHIPS FOR SOUPS

Preheat the oven to 350 deg F. In a large bowl, tear pieces of washed kale off of the stem and into the bowl. Pieces should be the size of large tortilla chips. For every 3 cups of torn kale, add 1 tablespoon of olive oil, 1/2 teaspoon salt, 1/2 teaspoon black pepper, 1/4 teaspoon red pepper flakes, and 2 tablespoons parmesan OR 1 tablespoon nutritional yeast if avoiding dairy. Toss in the bowl until evenly coated and arrange on a baking sheet in a single layer. Bake for 10-15 minutes, until the edges are crispy and centers are starting to crisp and turn brown. For picky eaters, cook a bit longer until the kale is crispy throughout for less 'kale' taste. After removing from the oven, squeeze a small amount of lemon juice over top. Serve over the soup in the recipe above, or any creamy fall soup to add a delicate crunch and burst of flavor. Store leftovers in an airtight container on the counter.