



# FOODSHARE GREENVILLE

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

**DECEMBER 13TH, 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 \****

## LUNCH PINWHEEL WRAPS

Serves: 2-4 Time: 15 minutes from recipe to table

### Ingredients

- 4 flour tortillas
- Handful of spinach\*
- 1/2 apple thinly sliced\*
- 4 slices cheddar cheese
- Any mustard (dijon is best)
- Optional: precooked bacon

### Instructions

In the center of a tortilla, rip a piece of cheddar cheese in half and lay it across the diameter of the tortilla, add the spinach on top of that, then a squirt of mustard, and the the thinly sliced apples and bacon if desired (or use tempeh to keep it vegetarian!). Tuck the tortilla over the fillings and roll it tightly. Place 4 toothpicks along the rolled tortilla to hold it together and cut into 4 segments. Repeat with remaining tortillas.

**Great option for school lunches or after school snacks!**

## BAKED APPLE FRIES

Serves: 3 Time: 30 minutes recipe to table

Recipe from Chef Eugena Talley of The Herbal Farmarcy

### Ingredients

- 3 apples\*, any kind
- 1/2 cup flour
- 1/4 cup powdered sugar
- 2 tablespoons cinnamon
- Spray oil

### Instructions

1. Preheat oven or air fryer to 350 deg F.
2. Peel the skin off of apples and cut into thin slices.
3. In a quart or gallon sized ziploc bag, mix together the flour, powdered sugar, and cinnamon.
4. Place apples into the ziploc bag with dry mixture and shake thoroughly to coat apples in flour mixture. Take apples out, tapping excess flour off.
5. Place in air fryer and spray with oil or arrange in a single layer on a baking sheet and spray with oil.
6. Cook for 5 min then flip and spray and cook for 5 more min. Once the coating is crisp and golden remove from fryer or oven. Serve warm!





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## HEALTHIER ALFREDO WITH CAULIFLOWER

Serves: enough sauce for 1 lb of pasta. Time: 20 minutes from recipe to table  
Recipe Adapted from *Chocolate Covered Katie*

### Ingredients

- 2 tbsp butter or olive oil
- 1/4 cup onion\* chopped
- 2 cups raw cauliflower florets\* (about half a head of cauliflower)
- 3 cloves minced garlic\*
- 1/2 tsp salt
- 1 teaspoon pepper
- 1/2 package (6 ounces) tofu, drained
- 1 cup milk or plain non-dairy milk
- Optional: 1/2 cup shredded mozzarella or 1/4 cup nutritional yeast
- Optional: 1 teaspoon dijon mustard
- 1 teaspoon lemon juice

### Instructions

1. In a large pot, sautee the onion with the butter for 5 minutes until the onion is translucent.
2. Add the cauliflower, garlic, salt, pepper, and tofu and cook over medium heat for 5 minutes until everything becomes soft.
3. Reduce heat to low and add the milk and shredded cheese. Stir constantly at a simmer until the cauliflower is totally soft and the milk is at a simmer. Make sure the mixture doesn't reach a boil.
4. Add the mustard if desired, and then puree the mixture using an immersion blender, stand blender, or a whisk until it is totally smooth. Adjust the thickness of the sauce using pasta water (or plain water if you aren't making pasta).

**Try making the roasted brussel sprout and mushroom recipe below and tossing them with this sauce and pasta!**

## ROASTED BRUSSEL SPROUTS AND MUSHROOMS

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

**Ingredients:** 12 oz brussel sprouts\*, 8 oz mushrooms\*, 2 tablespoons oil, salt & pepper, 1 tablespoon parmesan cheese, 2 teaspoons lemon juice

**Directions:** Preheat the oven to 400 deg F. Wash and cut the brussel sprouts and mushrooms in half. Toss the brussel sprouts in 1 tablespoon of oil, salt and pepper to taste, and half the parmesan. Arrange on a sheet pan and place in the oven for 20 minutes. While the brussel sprouts cook, toss the mushrooms with the remaining oil, salt and pepper, and cheese and arrange on a separate baking sheet. After the brussel sprouts have been cooking for 20 minutes, shake the pan to flip the brussel sprouts, and place the mushrooms on the second oven rack. Cook for 15 more minutes, and then begin testing for doneness. Mushrooms should shrivel slightly and become soft, and brussel sprouts should crisp at the edges and be soft in the center.





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# Classic Apple Crisp

*This simple but perfectly spiced apple filling is topped with a generous layer of buttery crumbs. The small size makes it ideal for when you have four to five apples on hand (though three large, juicy apples would do!).*

**PREP:** 15 minutes

**TOTAL:** 1 hour 10 minutes

**BAKE:** 50 to 60 minutes

**YIELD:** one small apple crisp (4 to 6 servings)

## INGREDIENTS

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### Filling

1 1/2 pounds apples (about 4 to 5 medium apples),  
peeled, cored, and sliced 1/4" thick (about 4 1/2 cups)  
2 to 6 tablespoons (27g to 80g) light or dark brown  
sugar, depending on the sweetness/tartness of  
your apples  
1 tablespoon (14g) unsalted butter, melted  
1/2 teaspoon cinnamon  
1/8 teaspoon nutmeg  
1/8 teaspoon ginger  
1 1/2 tablespoons (10g) King Arthur Unbleached  
All-Purpose Flour  
1/8 teaspoon salt

### Topping

1/4 cup plus 2 tablespoons (45g) King  
Arthur  
Unbleached All-Purpose Flour  
1/4 cup (22g) quick-cooking oats  
heaping 1/8 teaspoon salt  
1/3 cup (71g) light or dark brown sugar,  
packed  
1/2 teaspoon cinnamon  
1/4 plus 1/8 teaspoon baking powder  
4 tablespoons (57g) unsalted butter,  
cold; cut in pats 1/4 cup (26g) diced  
pecans or walnuts, optional

## INSTRUCTIONS

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1. Preheat the oven to 350°F. Grease a disposable pie pan, a loaf pan (8 1/2" x 4 1/2" or 9" x 5"), or a 9" pie dish.
2. Toss the apples with the rest of the filling ingredients and distribute them evenly in the pan.
3. To make the topping, whisk together the flour, oats, salt, sugar, cinnamon, and baking powder.
4. Add the cold butter, working it in with your hands or forks to make an unevenly crumbly mixture. Stir in the nuts, if using. Sprinkle the topping over the apples in the pan.
5. Set the pan on a parchment- or foil-lined baking sheet to catch any potential drips. Bake the crisp for about 50 to 60 minutes, until it's bubbling and the top is golden brown.
6. Remove it from the oven and allow it to cool for at least 20 minutes before serving. If you serve the crisp hot/warm, it may be quite soft. If you wait till it's completely cool, it'll firm up nicely.

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# Classic Apple Crisp

## BAKER'S TIPS

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Perhaps more than any technique or special ingredient, taking the time to prepare to bake, and measuring accurately, are some of the best ways to guarantee the results you're looking for.

**1. Read your recipe.** You may need to chill that pie crust or add your ingredients in a specific order. So, before you do anything, read your recipe all the way through at least twice so you know what to expect.

**2. Gather all the tools and ingredients needed.** There is nothing worse than starting to mix ingredients for cookies only to find out that the eggs you thought were in the fridge got eaten that morning. Make sure you have everything you need.

**3. Give yourself time.** Turning up the oven is not going to make the cookies bake faster; they're just going to burn. When a recipe states how long it takes to make, that time does not include gathering ingredients, finding your bowls, or reading the recipe. That clock starts after you have everything out and are ready to go.

**4. Measure accurately.** Baking is science.

Apples are a baker's favorite! They can be found in the grocery store year-round and come in a variety of colors, textures, and levels of sweetness. The best apples for baking are crisp, firm, sweet-tart, and won't turn to mush in the oven. Don't limit yourself to just one type of apple when baking; use combination of tart and sweet apples for a delicious baked good.

Here are some favorites:

- **Granny Smith (tart):** Often a favorite of bakers, these apples are firm and have a tart flavor that makes them perfect for sweet baked goods.
- **Braeburn (less tart):** This apple is a little sweeter than a Granny Smith and has a nice, crisp taste.
- **Cortland (sweet/tart):** With a good balance of sweet and tart, they bring flavor to your crisp, but they can be on the mushy side. Try mixing them with firmer apples like Granny Smith.
- **Honey Crisp (sweet):** It's on the sweeter side, juicy, and will hold up well when baked.

Avoid apples such as Red Delicious or Gala; they are great for eating, but not the best for baking. McIntosh apples make wonderful applesauce but are too soft for your apple crisp.



# HAPPY HOLIDAYS

FROM ALL OF US AT FOODSHARE GREENVILLE



Wishing you joy, peace, and prosperity-  
Keeghan, Reem, Dirk, Anna, Niyi, Cate, Diana, and Frances

