



# FOODSHARE GREENVILLE

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FARMS

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

**JULY 26TH, 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 \***

## GRILLED EGGPLANT SALAD

Serves: 4, Time: 30 minutes from recipe to table.

Recipe adapted from *The New York Times*

### Ingredients

- 1 large eggplant\*
- 1 roma tomato\*, diced
- 1½ teaspoons red wine vinegar
- ½ teaspoon salt, more to taste
- 1 teaspoon dried oregano
- 2 garlic cloves, finely chopped
- 3 tablespoons extra virgin olive oil
- 3 tablespoons chopped parsley
- Black pepper, to taste
- Capers, for garnish, optional

### Instructions

1. Dice the tomato and mince the garlic, set aside.
2. **If using a grill:** Heat the grill to medium. Prick the eggplant all over with a fork, put in on the grill and close the cover; cook, turning occasionally, until eggplant is very soft and skin is blistered, about 15 minutes.
3. **If using the broiler:** Preheat oven to 400 deg F. Halve the eggplant lengthwise and cut off the stem. Score the flesh of the eggplant crosswise and rub with olive oil, salt and pepper. Roast in the oven at 400 deg F for 20 minutes, then increase the heat to the broil setting for 3-5 minutes to develop a char.
4. When cool enough, scoop out the insides of the eggplant and coarsely chop. Transfer to a bowl and toss with tomatoes, vinegar, salt, oregano and garlic. Stir in oil and parsley; season with pepper and more salt if needed. Garnish with capers if you like them.



## EGGPLANT, AGAIN?

**Eggplant can be a daunting vegetable!** It's big, and a strange texture, and probably something you don't cook often. But eggplant is a versatile veggie that can be served in many different ways. In the recipe above it is roasted so it gets creamy on the inside but retains a crisp outer layer. Eggplant can also be fried for eggplant parm, roasted and mashed into baba ganoush, or sauteed until the edges are caramelized and delicious.

**How should I store eggplant?** The best temperature for uncut eggplant is around 50 degrees. Although it's a bit colder, your eggplant is best stored in the fridge to stay close to that temperature.

**Why should I eat it?** Eggplant is a great source of fiber and antioxidants like vitamin A and C, which are important for cell health and your immune system!



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## BANANA BLUEBERRY SMOOTHIE

Serves: 4. Time: 6 hours from recipe to table, 10 minutes active

### Ingredients

- 1, 1/2-pint blueberries\*
- 3 bananas\*
- 4 cups milk, or plant based milk



### Instructions

1. On either a flexible cutting board or parchment paper lined baking sheet that is small enough to fit in your freezer, arrange the blueberries and roughly sliced bananas in a single layer. Place in the freezer for 6 hours, or until frozen through.
2. In a blender, add 1/2 cup frozen banana slices, 1/2 cup frozen blueberries, and 1-1.5 cups milk. Blend until smooth and enjoy!
3. Save the left over bananas and blueberries in a ziploc bag once they've frozen. Freezing in a single sheet initially helps prevent sticking together, and makes it easier to blend and make single servings.

**Optional:** Try mixing it up with different fruits, adding some greens, cocoa, or cinnamon!

## MEXICAN STREET CORN SALAD (ESQUITES)

Serves: 4. Time: 30 minutes from recipe to table

### Ingredients

- 2 tablespoons vegetable oil
- 4 ears fresh corn\*, shucked,
- Kosher salt
- 2 ounces feta or Cotija cheese, finely crumbled
- 1/2 cup finely chopped red onion\*
- 1/2 cup fresh cilantro leaves, finely chopped
- 1 jalapeño pepper, finely chopped
- 1 teaspoon minced or dried garlic
- 2 tablespoons mayonnaise
- 1 tablespoon lime juice
- Red pepper flakes, to taste

### Instructions

1. Cut the corn off of the cob (before cooking!). You should have about 3 cups of uncooked corn kernels.
2. Heat oil in a large nonstick skillet or wok over high heat until shimmering. Add corn kernels, season to taste with salt, toss once or twice, and cook without moving until charred on one side, about 2 minutes. Toss corn, stir, and repeat until charred on second side, about 2 minutes longer. Continue tossing and charring until corn is well charred all over, about 10 minutes total. Transfer to a large bowl.
3. Add cheese, onion, cilantro, jalapeño, garlic, mayonnaise, lime juice, and chile powder and toss to combine. Taste and adjust seasoning with salt and more chile powder to taste. Serve immediately.

**Optional:** Try adding some red bell pepper for more crunch!

*Recipe from Serious Eats*