



FOODSHARE GREENVILLE

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- FARMS -

DON'T FORGET
TO REORDER
YOUR NEXT
BOX!

NOVEMBER 29TH, 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 *

ROASTED BUTTERNUT SQUASH GRAIN DISH

Serves: 6-8 as a side. Time: 1 hour recipe to table

Ingredients

- 2 tablespoons + 1 teaspoon oil
- 1/2 butternut squash* + all the seeds
- 4 cups (after cooking) any grain!
- 1 package mushrooms*, halved
- 1/4 cup water or broth
- 2 cloves garlic, minced (or 1 1/2 teaspoons garlic powder)
- 1 teaspoon crushed rosemary
- 1 teaspoon dried or fresh thyme or sage
- 1/2 bunch of kale*, torn into bite sized pieces
- Salt and pepper to taste
- 2 tablespoons grapefruit* juice



Instructions

1. Preheat oven to 400 deg F. Cut butternut squash in half lengthwise and scoop out seeds, but don't discard! Score the flesh of the butternut squash in a criss cross pattern, drizzle 1 tablespoon oil over the squash, season with salt and pepper, and place flesh side down on a sheet pan lined with foil. Bake for 30-40 minutes, until easily pierced with a fork.
2. While the butternut squash is cooking, rinse the seeds to remove the 'guts' and pat dry. Toss on a separate baking sheet with one teaspoon oil and 1/4 teaspoon salt. Put the seeds in the oven for the last 10 minutes of the butternut squash cook time to roast them.
3. Next, in a large pot, cook your grain of choice. Stick with a staple like brown rice or quinoa, or try something new, like farro or millet! While the grain and squash roast, prepare the rest of the vegetables. Don't forget to put the seeds in the oven when it's time!
4. In a skillet over medium high heat, add the mushrooms and 1 tablespoon oil. Let the mushrooms brown for about 5 minutes, then reduce heat slightly and add 1/4 cup hot water or broth, the garlic, and dry herbs. Let cook for 5 more minutes until the mushrooms have released more juice. Add the kale and cook for 5-7 minutes, until the kale has softened and begun to crisp a bit.
5. When your grain is done cooking, add the sauteed mushrooms and kale. When the squash finishes cooking, let it rest until it is cool enough to handle and then cut cubes away from the skin and add them into the grain mixture.
6. Just before serving toss the roasted seeds on top and stir in the grapefruit juice. For extra flavor, add dried cranberries (or leftover cranberry sauce from thanksgiving!). This dish can be served warm or cold!



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MAKE AHEAD EGG MUFFINS

Serves: 8 (makes 16 muffins). Time: 40 minutes from recipe to table

Recipe Adapted from *Make Ahead Meal Mom*

Ingredients

- 12 eggs
- 1/2 cup bell pepper*, diced small
- 1/2 cup red onion*, diced small
- 1 cup shredded cheddar cheese
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



Instructions

1. Preheat oven to 350 deg F. In a large bowl, crack and whisk together all 12 eggs.
2. Chop your vegetables into 1/4 inch pieces (very small!) and add to the eggs. Add the cheese and salt and pepper and whisk to combine.
3. Coat a muffin tin with nonstick spray or oil. Fill each muffin cup 3/4 of the way full with the egg mixture. The cheese and veggies may sink to the bottom of the bowl, so be sure to mix up the batter occasionally.
4. Bake at 350 for 20-25 minutes, until the eggs are fully set. Egg muffins can be stored in the fridge or freezer in an airtight container and reheated in the microwave for 20-30 seconds. To reheat from frozen, move the muffins from the freezer to the fridge the night before eating.

There are infinite variations to this recipe, try it with other vegetables, add sausage or bacon, mix in some hot sauce or salsa, the possibilities are endless! If you are dairy free, omit the cheese and include more vegetables for bulk, most dairy free cheeses will prevent the egg from setting properly.

HOMEMADE HASHBROWNS

Serves: 1. Time: 15 minutes from recipe to table

Ingredients: 12 potatoes*, 1 tablespoon oil, Salt and pepper

Directions: Using the large side of a box grater, grate the potatoes. There's no need to peel them! Don't skip this next step: using paper towels, your hands, or a strainer, press as much liquid out of the potatoes as you can. I do this by taking handfuls and squeezing them over my sink. Then, heat a skillet over medium high heat and add the oil. Once hot, sprinkle the grated and dried potatoes into the pan. Press down into a loose patty for Waffle House like hashbrowns, or stir continuously for looser hashbrowns. Try topping with sauteed mushrooms, banana peppers, onions, cheese, or even roasted broccoli!