



FOODSHARE GREENVILLE

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- FARMS -

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

AUGUST 10TH, 2022

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 **

SWEET POTATO FRITTERS & SALAD

Serves: 4-6, Time: 1 hour from recipe to table.

Ingredients

- 3-4 medium sweet potatoes*
- 1/2 cup flour
- 2 eggs
- 1/2 sweet onion
- 1 teaspoon ginger
- 1 teaspoon turmeric
- salt and pepper to taste
- 1/2 cup vegetable oil
- 1 head kale or other lettuce
- 3 radishes
- 1 cup cooked quinoa
- 1/2 cucumber
- Your favorite salad dressing!

Instructions

1. Peel the sweet potatoes. Using the largest side of a box grater, grate the potatoes into hash brown-like shreds. Using your hands or a fine mesh colander, squeeze the excess liquid out of the sweet potatoes. This step is important to ensure crispy fritters!
2. Finely dice 1/4 of a sweet onion.
3. Combine the sweet potato shreds, chopped onion, slightly beaten eggs, 1/2 cup flour, and the ginger and turmeric in a bowl. Mix until the dough becomes sticky and loosely holds together, adding salt and pepper to taste.
4. Heat 1/4 cup oil in a large skillet over medium heat. Drop cookie sized balls of the fritter batter into the hot pan and flatten with the back of a spatula into a patty shape.
5. Cook for 3-5 minutes on each side, until browned.
6. Let cool on a paper towel lined plate or pan to absorb excess grease.
7. In a new large bowl, toss together sliced salad greens, thinly sliced radishes and cucumbers, cooked & cooled quinoa, and any other desired salad toppings.
8. Place your fritters on top, drizzle with your favorite salad dressing, and enjoy!





AVOCADO 101

When is it ripe? Avocados are ripe when they are slightly soft. You should be able to press in on the flesh through the skin with little force. Another way to check is by popping the nub of the stem off of the avocado. If it comes off easily and is green underneath, it's ready! If it is difficult to pull off, it is probably not ripe yet. If it comes off easily and is brown underneath, the avocado may be overripe.

How do I cut one? With a small paring knife, cut through the flesh to the pit all the way around lengthwise. Twist the two cut halves and pull! One half will have the pit, which can be carefully removed using a knife or spoon.

What do I do with it? Avocados full of healthy fats, they have a neutral flavor and a consistency similar to butter. Try slicing some for toast, mashing some for guacamole, or topping salads, burgers, pasta, or chicken with some avocado and lime!

HEALTHIER COLESLAW

Serves: 4-6, Time: 30 minutes from recipe to table.

Ingredients

- 1/2 head green cabbage*
- 2 carrots*
- 1/4 head red cabbage (optional)
- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 1 lemon
- 1 clove garlic
- Salt & pepper to taste

Instructions

1. Slice the green and red cabbage very thinly, until it appears shredded. Cut the carrots into thin sticks. Toss together in a large bowl.
2. In a mason jar, mix together the olive oil, apple cider vinegar, juice from one lemon, 1 clove of minced garlic, 1 teaspoon brown sugar or honey, 1 teaspoon mustard, and salt and pepper. Seal the jar and shake until well combined. Adjust the ratios of ingredients to make the dressing more or less acidic.
3. Pour the dressing over the cabbage and carrots and mix well. Serve immediately, or refrigerate overnight to let the flavor sink in and serve the following day.
4. This coleslaw is even better with fresh broccoli or brussels sprouts chopped small and added.



Optional: Turn this side dish into a meal by adding sauteed tempeh and serving with quinoa. Or pile this coleslaw on top of a baked potato or a burger to add some zest and brightness!