



# FOODSHARE GREENVILLE

powered by  MILL VILLAGE  
- FARMS -

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

DECEMBER 14TH, 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 \**

## VEGETARIAN FRIED RICE

Serves: 4, Time: 45 minutes from recipe to table.

### Instructions

1. Cook 1.5 cups of rice in a medium pot with 3 cups of water. Add a splash of sesame oil if you have it.
2. While the rice cooks, prep the vegetables. Cut the onion into long, thin strips. Cut the carrots into matchsticks or shred them using the large side of a box grater. Cut the broccoli crowns into bite sized pieces, and the banana peppers into thin strips as well.
3. In a LARGE frying pan over medium heat, add 1 tablespoon oil and onions. Cook until translucent, about 5 minutes. Add the carrots, broccoli, and banana pepper and cook for 10 minutes more, until veggies have steamed and are developing a char.
4. Push the veggies to one side of the pan, reduce heat to medium low, and crack in all 6 eggs, stirring immediately to scramble them. Once they are mostly cooked, about 3 minutes, mix together with the vegetables.
5. Add the garlic and ginger and stir well. Stir in the rice, sesame seeds, soy sauce, and sriracha. Increase heat to medium high, and press the rice and veggie mixture to the pan, flipping every 3-5 minutes until desired doneness.

Optional: Try adding chickpeas with the veggies for extra plant-based protein. Use low-sodium soy sauce to reduce salt content, and change your vegetables out depending on what you prefer!

### Ingredients

- 1.5 cups rice
- 3 cups water
- 1 small yellow onion\*
- 2 tablespoons oil, divided
- 3 carrots\*
- 2 broccoli crowns\*
- 1 banana pepper\*
- 6 eggs
- 1 garlic clove
- 1 teaspoon grated fresh ginger
- 1 teaspoon sesame seeds
- 3 tablespoons soy sauce
- 1/2 tablespoon sriracha



EST. 2015



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## HOMEMADE DRIED CRANBERRIES

### Ingredients

- 12 oz cranberries\*
- Water
- 1/2 cup sugar
- 1 tablespoon neutral oil

### Instructions

1. Preheat the oven to 225 degrees F, or as low as your oven will go. Line a baking sheet with parchment paper.
2. Bring a pot of water to a gentle boil. Remove from heat and add cranberries (do not boil them). Set aside for 10 minutes. They will soften and start to pop.
3. Drain the water from the cranberries as soon as they have popped and transfer to a large bowl.
4. Add sugar and oil to the cranberries. Gently toss to coat, avoid smashing the berries.
5. Spread out the berries on the lined baking sheet. Use the tip of a knife or a toothpick to pop any berries that have not popped yet.
6. Place the baking sheet into the oven for 3-4 hours, until the cranberries are shriveled and mostly dry.
7. For best results, after the 3-4 hours, open the door to the oven slightly and leave the cranberries overnight. This will help them dry out completely.

*Recipe from Wholesome Yum*

## WINTER SPINACH SALAD

Serves: 4, Time: 45 minutes  
from recipe to table.

### Ingredients

- 1.5 cups cooked quinoa
- 10 oz package spinach\*
- 1 cucumber, sliced
- 1/2 cup dried cranberries\*
- 1/2 cup pecans or walnuts, roughly chopped
- 1/3 cup feta cheese
- Protein options: hard boiled eggs, pan-fried tempeh, grilled chicken

### Dressing:

- 1/2 cup olive oil
- 1/4 cup plain, nonfat Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey
- 1 tablespoon poppyseeds
- 1/4 teaspoon salt

### Instructions

1. In a mason jar, combine all dressing ingredients and shake well until combined.
2. Toss together the salad ingredients in a large bowl, and top with dressing just before serving.

