

ROASTED CABBAGE WITH SIMPLE BALSAMIC REDUCTION

Start to finish: 10 minutes' preparation, 30 minutes to roast.

- 4 cups chopped red cabbage (in 1-inch pieces)
- 4 cups chopped green cabbage (in 1-inch pieces)
- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper

SIMPLE BALSAMIC REDUCTION (20 minutes)

- 1 ½ cups balsamic vinegar
- 3 tablespoons brown sugar
- 2 garlic cloves, crushed and peeled

Heat oven to 450 degrees F

For the cabbage: Core and chop all cabbages and mix together in a large roasting pan. Drizzle oil, salt and pepper over cabbage, and toss to mix well.

Roast for 30 minutes, uncovered, stirring once halfway through. Cabbage is done when still crisp-tender and edges begin to caramelize. Remove from oven, and drizzle with Simple Balsamic Reduction to taste, if desired. Yield: 6 to 8 servings.

For the reduction: In a small pot, combine vinegar, sugar and garlic. Bring to a moderate boil, and boil 5 minutes to reduce mixture by half.

Reduce heat to low, and simmer 5 minutes or until sauce has thickened (about as thick as pancake syrup). Remove and discard garlic, and serve. (Leftovers can be refrigerated in an airtight container for up to one week.)

Makes about ¾ cup.

From Get Fresh! Eat Local NC
getfresheatlocalnc.blogspot.com

Roasted beets can be eaten warm, room-temperature or chilled; drizzled with balsamic vinegar and sea salt; or sliced or cubed into salads. **This recipe includes an easy, clean way to roast beets.** Enjoy!

Roasted Beet Salad with Bacon

A simple but tasty salad, for an everyday meal or special dinner. This is a great way to enjoy fresh beets.

Ingredients:

- 3 to 4 medium beets, with greens and stems
- 1 tablespoon olive oil or Canola oil
- 3 to 4 slices bacon, cooked until crisp and drained
- 1/4 cup finely chopped red onion
- ***Dressing***
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1/4 teaspoon sugar
- dash salt
- dash freshly ground black pepper

Preparation:

Cut stems and greens from the beet roots.

Chop the beet greens and stems and put in a colander; rinse thoroughly and set aside.

Heat oven to 400°.

Trim what's left of stem ends off beets and discard; trim root ends. Scrub beets well. Drizzle beets with 1 tablespoon olive oil and rub over the beets. Wrap each beet in foil, leaving just a little opening at the top of each package for steam to escape.

Place wrapped beets on a baking sheet and bake for about 1 hour, until beets are very tender.

When beets are cool enough to handle, rub skin off and cut into 1/2-inch pieces.

Steam greens over simmering water or in microwave until just wilted; arrange on a serving dish. Top greens and stems with the diced beets, then sprinkle with chopped red onion and bacon.

In a small cup or bowl, whisk the red wine vinegar with 2 tablespoons olive oil, sugar, and salt and pepper. Drizzle the dressing over the salad.

From Get Fresh! Eat Local NC
getfresheatlocalnc.blogspot.com

To Stephanie Slifer, Neighborhood Coordinator

I just wanted to say thank you for the great job you are doing with our deliveries. I really have appreciated the care you take in transferring my produce to the cooler* and how it is packed. I am a big fan!!

Megan Myers, Raleigh Member



*A LARGE cooler will best support the entire contents of your Produce Box. Look for coolers and ice packs to go on sale in time for Memorial Day. What a great way to protect your investment in Local Produce!

Caramelized Onion & Blue Cheese Pizza

Ingredients:

1/2 red onion
 1/2 sweet onion
 1/2 yellow onion
 2 tablespoons olive oil
 Sweet Potato Base
 4 6-inch Boboli crusts
 1/2 cup crumbled blue cheese

Preparation:

Slice onions very thinly. Heat olive oil over medium-high heat in large skillet. Sauté the mixed onions 12-15 minutes, stirring occasionally until they begin to brown and caramelize.

Remove from pan and cool slightly.

Preheat oven to 450 Fahrenheit. Spread sweet potato base evenly over Boboli crust. Cover with caramelized onions and sprinkle with blue cheese. Bake 10-15 minutes until golden brown and bubbly.

Slice each into 4 or 6 wedges.

Sweet Potato Base:

2 small NC sweet potatoes
 2 cloves garlic, peeled
 3 tablespoons butter
 1/2 teaspoon salt
 1/2 teaspoon freshly ground pepper
 Peel sweet potatoes and quarter. Place in a medium saucepan with whole garlic cloves and water to cover. Bring to boil and simmer 10-15 minutes until softened. Drain and purée in food processor with butter, salt and pepper.

Deliciously Sweet Salad with Maple, Nuts, Seeds, Blueberries, and Goat Cheese

Ingredients

3 cups torn romaine lettuce
 1/2 cup blueberries
 1/4 cup dried cranberries
 1/4 cup sunflower seeds
 1/4 cup walnut pieces
 1/4 cup crumbled feta cheese
 1/4 cup crumbled goat cheese
 1/4 cup white balsamic vinegar, or to taste
 1/4 cup maple syrup, or to taste
 1/4 cup grapeseed oil, or to taste
 salt, to taste

Directions

Toss the romaine lettuce, blueberries, dried cranberries, sunflower seeds, walnut pieces, feta cheese, and goat cheese in a large bowl. Pour the vinegar, syrup, and grapeseed oil over the salad one at a time; toss until evenly coated. Season with salt.

Texas or Vidalia Onion Dip

Mix equal parts of sliced onions, mayonnaise and your favorite shredded cheese together in an oven-proof bowl. Bake covered, at 350 degrees F, for 30-45 minutes, or until onions are soft. Serve with rye Triscuits, pita chips and sliced apples. Absolutely scrumptious!

Laurie Rosenfeld, Area Manager

Find more recipes here:

www.TheProduceBox.com

Get Fresh! Eat Local NC

Laurie Rosenfeld, Area Manager
getfresheatlocalnc.blogspot.com

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Christa Hogan, Member
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Blueberry Breakfast Sauce

Ingredients

1/2 cup sugar
 1 tablespoon cornstarch
 1/3 cup water
 2 cups fresh or frozen blueberries

Directions

In a 2-qt. saucepan, combine sugar and cornstarch; gradually stir in water. Add blueberries; bring to a boil over medium heat, stirring constantly. Boil for 1 minute, stirring occasionally. Serve warm or cold over French toast, pancakes or waffles.