

FEBRUARY

 **Swain Macon**

<https://mountainwise.org/producerx/>



PRODUCE RX PROGRAM

Facebook: Swain-Macon Produce Rx Program

GREENS & GRAINS BOWL

4 SERVINGS

INGREDIENTS

- ~ 2 c. rice or quinoa
- ~ 2 c. fresh leafy greens (kale, chard, spinach, microgreens, etc), chopped
- ~ 8 Brussels sprouts, sliced paper thin or shredded
- ~ ½ c. red onion, sliced paper thin
- ~ 1 carrot, peeled into thin ribbons or sliced thin
- ~ 2 celery stalks, sliced thin
- ~ 1-2 c. (1 can) cooked chickpeas, rinsed and drained
- ~ ½ c. goat or feta cheese (optional)
- ~ ½ c. roasted pumpkin or sunflower seeds



VINAIGRETTE

- ~ ⅔ c. olive oil
- ~ ⅓ c. red wine, balsamic, or apple cider vinegar
- ~ 1 tbsp dijon mustard
- ~ 2 tsp honey or other sweetener

DIRECTIONS

1. Simmer rice with 3 c. of water for 15 minutes or until tender.
2. Prepare dijon vinaigrette by combining all ingredients in a jar with a lid and shake until well combined. Once well combined, taste and adjust for seasonings. Keep any leftover dressing refrigerated for up to three days.
3. Compose grain bowl by first adding cooked, warm quinoa or rice to a bowl and then placing all other ingredients on top.
4. Drizzle on desired amount of dressing, season with salt and pepper to taste, toss, and enjoy!

● Vegetarian ● Vegan ● Gluten-free ● Dairy-free

MIRCOCREEN GODDESS SAUCE

USE AS A SALAD DRESSING OR DIPPING SAUCE FOR ROASTED OR RAW VEGETABLES

INGREDIENTS

- ~ ½ c. plain yogurt
- ~ 1 small clove garlic, minced
- ~ 1 tbsp Italian Seasoning
- ~ 1/2 c. microgreens
- ~ 1 tbsp lemon juice

DIRECTIONS

1. In a bowl, combine the plain Greek yogurt, Italian seasoning, lemon juice, and minced garlic. Mix well until the herbs are evenly distributed.
2. Season the dressing with salt and pepper to taste. Adjust the lemon juice or herbs as per your preference.
3. Finely chop OR BLEND the microgreens, and add them to the dressing. Stir well to incorporate the microgreens into the dressing.
4. Allow the dressing to sit for a few minutes to let the flavors meld together.
5. Keeps well in the fridge for about a week.

● Vegetarian ● Gluten-free

GOLDEN POTATO TACOS

4 SERVINGS

INGREDIENTS

- ~ 2-4 potatoes
- ~ ¾ c. sour cream
- ~ 2 garlic cloves minced
- ~ ½ tsp cumin
- ~ ½ tsp oregano
- ~ 8 corn tortillas
- ~ Oil for frying

Optional Toppings:

- ~ Sour cream
- ~ Salsa
- ~ Cotija cheese (or goat/feta cheese)
- ~ Cilantro

DIRECTIONS

1. Wash and peel potatoes and cut into smaller pieces. Add to a pot of water boil over medium high heat until soft.
2. Mix potatoes, sour cream, cumin, oregano, and salt and pepper to taste. Mash until well combined.
3. Wrap the tortillas in a damp towel or paper towel and microwave for 15-20 seconds. On half of the tortilla, place about one tbsp. of the potato mixture and spread it around. Fold the tortilla in half and repeat with the rest of the tortillas.
4. Heat 2 tbsp of vegetable oil in a pan. Carefully place the potato tacos in the hot pan, allowing them to cook for about two minutes on each side. Once they have developed a golden color, remove.
5. Serve with your favorite toppings, and a side salad.

● Vegetarian ● Gluten-free



CREAM OF MUSHROOM, RICE, AND CHICKEN SOUP

Rose James

4 SERVINGS

INGREDIENTS

- ~ 1 tbsp olive oil
- ~ ¼ c. all-purpose flour
- ~ 2 c. (about 4 ounces) sliced mushrooms
- ~ 4 c. reduced-sodium chicken broth
- ~ 1 c. quick-cooking, instant wild rice, or any rice you have on hand
- ~ ¾ c. chopped celery
- ~ 3 c. shredded cooked chicken
- ~ ¾ c. chopped carrots
- ~ ½ c. sour cream
- ~ ¼ c. chopped onions

DIRECTIONS

1. Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and onions; cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper; cook, stirring, for 2 minutes more.
2. Add broth and bring to a boil, scraping up any browned bits off the bottom of the pan. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes for quick-cooking rice or 15 minutes for regular rice.
3. Stir in chicken and sour cream; season with salt and pepper. Cook until heated through, about 2 minutes more.
4. Serve with bread or toast.