

# FEBRUARY

 **Swain Macon**

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



**PRODUCE RX PROGRAM**



Facebook: Swain-Macon Produce Rx Program

## MONDAY NIGHT RED BEANS & RICE



4-6 SERVINGS

### INGREDIENTS

- ¾ lb dried red or kidney beans, soaked in water overnight (or 2 cans kidney beans)
- 1 lb smoked sausage or andouille, cut into ¼ inch rounds or ground
- 3 cloves fresh garlic, finely minced
- 1 medium onion, cut into fine dice
- 1 medium bell pepper, chopped
- 1 ribs celery, diced fine
- 5-7 c. cooked rice
- 2 tbsp olive oil
- 1 bay leaf
- 1/8 tsp red pepper
- 2 tsp dried basil
- ½ tsp sage
- 4 tbsp dried parsley
- 1 bunch green onions, chopped

### DIRECTIONS

1. Brown the sausage in a little bit of oil until crispy. Add the garlic, onion, celery, and bell pepper and saute for 5 minutes.
2. Pour the soaked beans and 4 c. of soaking liquid (or fresh water to make them easier to digest) into the sauté, then simmer until beans soften, usually 1 1/2 - 2 hours. If using canned beans, add beans with their liquid (or rinsed and add in 1-2 c. of fresh water to make them more digestible)
4. 15 minutes before serving, add dried herbs, salt, and pepper to taste. Remove one c. of beans. Using a fork, mash them in a bowl, then return to the pot -- this will enhance the creamy texture of the final product. Add parsley and green onions. Simmer 15 minutes, fine-tune spices and seasonings, and serve over rice.

● Gluten-free ● Dairy-free

## CABBAGE STEAKS

INGREDIENTS 4 SERVINGS

- 1 cabbage
  - 3 tbsp. olive oil
  - 2 tsp. paprika
  - 1 tbsp. garlic powder
  - ½ tsp red pepper flakes
- Serving ideas:
- mashed potatoes
  - gravy
  - top with cheese

### DIRECTIONS

1. Cut about a ¼ inch off of stem side of the cabbage head. Cut the cabbage in half, then in half again or in thirds (depending on the size of your cabbage). Aim for four flat discs of cabbage that are about ¾ to 1 inch thick.
2. Place the cabbage steaks on a baking sheet that is lined with parchment paper or oiled, allowing some space between each one to even cooking.
3. Brush the cabbage with the olive oil, coating them thoroughly. Then generously sprinkle salt, garlic powder, and paprika on the cabbage steaks. Flip the cabbage over and repeat, brushing them with oil and sprinkling the seasonings. Then add a pinch of red pepper flakes to each one, if desired.
4. Bake the cabbage steaks at 400°F for about 25 minutes, until the leaves are browned and the center is tender.

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

## ROASTED ROSEMARY ROOT VEG

4 SERVINGS

### INGREDIENTS

- 1 medium sweet potato, peeled and chopped into ½ inch pieces
- 3-5 medium turnip, peeled and chopped into ½ inch pieces
- 1 pound fresh Brussels sprouts, halved
- 2 tbsp olive oil
- 2 tbsp minced fresh rosemary or 2 tsp dried rosemary, crushed
- 1 tsp minced garlic
- 2 tbsp balsamic vinegar (optional)

### DIRECTIONS

1. Preheat oven to 425°.
2. Place vegetables in a large bowl. Add oil, rosemary, garlic, salt and pepper. Pour over vegetables; toss to coat.
3. Arrange vegetables in a single layer on a baking sheet or 2, coated with oil or cooking spray.
4. Bake, uncovered, stirring once, until tender, 20-25 minutes. Stir once halfway through.

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



## CHOCOLATE COVERED BLUEBERRIES

4 SERVINGS

### INGREDIENTS

- 1 cup fresh blueberries, washed
- ½ cup chocolate chips or ½ of a chocolate bar (note some chocolate is not vegan or dairy-free)
- ½ tablespoon mild-tasting oil such as coconut oil or vegetable oil (or butter)

### DIRECTIONS

1. Spread the washed blueberries out on paper towels to dry. Allow them to dry completely for about 1 hour. If they are still wet when you coat them, the chocolate will seize up.
2. Melt the chocolate chips in a microwave-safe bowl in 30-second sessions, stirring after each session. You'll likely need 3 sessions to melt it completely. Stir in the oil or butter.
3. Add the dry blueberries to the melted chocolate. Stir gently with a spoon to ensure they are well coated.
4. Transfer individual or clusters of the coated berries onto a large, wax-paper-lined plate or tray.
5. Refrigerate until the chocolate is set, about 20 minutes.

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