

FEBRUARY

Swain Macon

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



PRODUCE RX PROGRAM

Facebook: Swain-Macon Produce Rx Program

PERFECT SOFT BOILED EGGS

INGREDIENTS

- Eggs
- 2 cups of water for every egg
- Bread, sliced and toasted

DIRECTIONS

1. Boil the water in a pot that has a tight fitting lid.
2. Remove the water from heat.
3. Add eggs to the hot water immediately. Set a timer for your desired time and then remove:
 - ~ 5 minutes for a runny yolk
 - ~ 6 minutes for slightly firmer yolk
4. Cut toast into 1/2 inch strips.
5. Serve soft boiled eggs upright in a little cup. Crack the top ¼ of the egg off with a swift and fast slice with a the side of a spoon. Season with salt and pepper. Dip strips of toast into the egg for a fun yet elegant easy meal.

● Vegetarian

● Dairy-free

SUPER CRISPY POTATOES

INGREDIENTS 4-6 SERVINGS

- 3 lbs potatoes, cut into 1-2 inch cubes
- 3 tbsp. olive oil
- Salt and pepepr
- Green onions/chives, chopped

DIRECTIONS

1. Move oven racks to the upper-middle and lower-middle (with space between them). Preheat oven to 450° F.
2. In a big pot, cover the potatoes with cold water by 1 inch. Add ½ tablespoon of salt. Bring to a boil on high heat then reduce to a simmer for about 10 minutes, or until potatoes are just barely cooked but are NOT soft yet. Drain potatoes in a colander.
3. Toss potatoes with oil and pepper to taste in a big bowl.
4. On oiled baking sheets, roast the potatoes for 12 minutes. Then switch the two baking sheets in their places in the oven and rotate each tray. Do not mix the potatoes.
5. Roast for another 15 minutes or until the potatoes release from the pan and come off easily with a spatula. Flip the potatoes.
6. Roast for another 25 minutes, switching and rotating the sheets halfway through.
7. Season the potatoes with salt and pepper to taste and top with fresh green onions or chives.

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

ZUCCHINI LASAGNA

4-6 SERVINGS

INGREDIENTS

- 3 garlic cloves, minced
- 2 tablespoons olive oil
- ½ lb ground beef (optional)
- 1 15-ounce can/jar tomato sauce
- 1 15-ounce can crushed tomatoes, fire roasted if possible
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 teaspoons salt
- 2 teaspoons cornstarch/ arrowroot starch/potato starch
- 2 pounds zucchini (3 large or 5 small/medium)
- 2 ½ teaspoons dried thyme (or 2 ½ Tbsp of fresh thyme, destemmed)
- 2 teaspoons lemon zest (1/2 lemon)
- 1 ½ cups ricotta cheese
- ¼ cup shredded Parmesan cheese
- 2 cups shredded mozzarella cheese
- ¼ teaspoon ground nutmeg

DIRECTIONS

1. Preheat oven to 450° F.
2. Sauce: For vegetarian version: saute the garlic in the oil over medium-high heat until fragrant, about 1 minute. For meat version: brown the ground beef and garlic over medium high heat until cooked to your liking. Turn the heat to medium and add the crushed tomatoes, tomato sauce, basil, oregano, ½ teaspoon salt, and black pepper to taste. Remove ¼ cup of the sauce and stir it with the cornstarch, then add it back to the pan (this helps to thicken the sauce). Simmer for 15 minutes or more.
3. Zoodles: Slice the zucchini into noodles ¼ inch thick, using a knife or mandoline. Discard the pieces that are just the peel. Place the zucchini strips on two parchment-lined baking sheets and drizzle them with olive oil, then use your hands to rub to lightly coated on both sides. Sprinkle with 1 teaspoon salt, divided across the 2 trays. Roast 10 to 12 minutes, until just tender. Remove the pans from the oven and set aside. Turn down the heat to 375° F.
4. Filling: Add 2 teaspoons (2 tablespoons if fresh) of thyme to a medium bowl and reserve about ½ teaspoon (½ tablespoon if fresh) for topping the lasagna. Stir in the lemon zest, ricotta cheese, ½ cup Parmesan cheese, 1 cup shredded mozzarella cheese, nutmeg, ½ teaspoon salt, and black pepper to taste.
5. Assembly: In a 9" x 9" baking dish (or similar volume baking dish), spread a ½ cup tomato sauce on the bottom of the pan. Then top with 1 layer of the zucchini noodles, half of the cheese mixture (in dollops) and about ½ cup of the tomato sauce, using a spatula to spread the sauce evenly over the cheese. Repeat again, topping with 1 layer of noodles, the remaining cheese mixture, and ½ cup of the remaining tomato sauce. Finally, top with a final layer of noodles, then another ½ cup tomato sauce. Sprinkle the entire top with the remaining 1 cup mozzarella cheese, ¼ cup Parmesan cheese, and the remaining thyme.
6. Bake: Bake the lasagna for 40 minutes, uncovered. Let stand for at least 15 minutes before serving (this allows the lasagna to set; you can let it sit even longer if desired).

● Vegetarian

● Gluten-free

