

FEBRUARY



Swain Macon

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



PRODUCE RX PROGRAM



Facebook: Swain-Macon Produce Rx Program

VEGETABLE PASTA IMPROV

INGREDIENTS 4-6 SERVINGS

- 1 lb pasta
- 6-8 cups of variety of greens (such as chard, kale, cabbage, collards)
- 1-4 cups of other vegetables (such as broccoli, peas, green beans, asparagus, cauliflower, thinly sliced winter squash, thick cut summer squash, carrots, mushrooms)
- 1-4 onions (and/or leeks, scallions, ramps), chopped
- 2 Tbsp olive oil
- 4 garlic cloves, minced
- 2-4 Tbsp of fresh herbs of choice (but not too much rosemary or sage) OR 2-4 tsp of dried herbs of choice
- Small pinch of red pepper flakes (optional)
- 2 Tbsp tomato paste (if you have it)
- 1-4 cups of shredded hard cheese such as Asiago or Parmesan
- Dash of lemon juice (optional)

DIRECTIONS

1. Cook the pasta according to the directions, reserving $\frac{2}{3}$ cup of cooking liquid before draining.
2. Slice or shave the longer cooking vegetables very thin so they cook quickly. Cut faster cooking vegetables into cubes or other interesting shapes.
3. Tear the quick cooking greens into bite-sized pieces. Longer cooking greens should be very thinly sliced or shredded.
4. Brown onions (or leeks, scallions, ramps) in 2 Tbsp olive oil with salt and pepper over medium high heat.
5. Add garlic, herbs, red pepper, and tomato paste and saute for 1 minute before adding the greens, vegetables (longer cooking greens/vegetables first), and the reserved pasta water. Saute all together uncovered. Do not overcook the vegetables and greens as you want them bright tasting.
6. Toss in the drained pasta, shredded cheese, salt, and pepper to taste. Heat just long enough to warm up pasta again. Add a dash of lemon juice after removed from heat.

● Vegetarian

HUNGARIAN MUSHROOM SOUP

4 SERVINGS INGREDIENTS

- 12 oz sliced mushrooms
- 3 garlic cloves, minced
- 1 onion, chopped
- 2 tsp dried dill
- 2 Tbsp olive oil
- 1 Tbsp smoked paprika
- 3 Tbsp flour (use gluten-free if preferred)
- 2 cups of vegetable, mushroom, or chicken stock
- 1 $\frac{3}{4}$ cup of plant-based milk (coconut is the best) or dairy
- 2 tsp lemon juice
- $\frac{1}{4}$ cup parsley milk/cream

DIRECTIONS

1. Saute onions in 1 Tbsp olive oil over medium-high heat in a saucepan until starting to brown.
2. Add mushrooms, half of the dill, $\frac{1}{2}$ cup of stock, and paprika and simmer for 15 minutes.
3. In a pot, heat 1 Tbsp olive oil over medium heat and whisk in the flour. Stir constantly until flour starts to turn a little golden but do not let it burn!
4. Add milk while stirring rapidly. Bring to a boil over medium heat then reduce to a simmer.
5. Add the mushroom mixture and the rest of the stock and simmer for another 15 minutes.
6. Remove from heat and season with salt, pepper, lemon juice, parsley, and remaining dill. Blend until smooth (optional).

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



BEET BROWNIES

9 SERVINGS INGREDIENTS

- 3 ounces (90 grams) dark chocolate or $\frac{1}{2}$ cup dark chocolate chips
- 1 cup all-purpose flour
- $\frac{1}{4}$ tsp baking soda
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ cup butter
- 2 tsp unsweetened cocoa powder
- $\frac{1}{2}$ cup sugar
- 1 cup applesauce
- 4 medium-sized beets

DIRECTIONS

1. Steam (ideal to retain water-soluble nutrients) or boil the beets: Add 2 inches of water (or half-filled with water if boiling) to a pot with a tight fitting lid. Place whole beets on a steamer basket or propped up on a metal trivet inside the pot. Bring the water to a boil and then reduce the heat to a simmer. Simmer for 30-50 minutes, depending on the size of the beets.
2. Preheat oven to 450° F. Finely chop the chocolate. Melt it stirring frequently in a heat-proof bowl with the butter over a pot of simmering water or in the microwave for 30 seconds at a time. When melted, stir in the sugar and remove from heat.
3. Cut beets into chunks and puree in a food processor or blender.
4. In a mixing bowl, combine together flour, baking soda, baking powder and cocoa powder. Mix well. Stir in applesauce, pureed beets and melted chocolate.
5. Pour the batter into a brownie pan oiled or lined with baking parchment. Bake in the middle rack for 40 minutes or until to your liking.

● Vegetarian