

MARCH

Swain Macon

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



PRODUCE RX PROGRAM

Facebook: Swain-Macon Produce Rx Program

CAULIFLOWER SOUP *Rose James*

4-6 SERVINGS

INGREDIENTS

- 1 head of cauliflower, cut into 4 quarters
- 2 medium-large potatoes, chopped into 4" cubes
- 3 stalks of celery & leaves, chopped into thirds
- 1 onion, coarsely chopped into big pieces
- 4 cloves of garlic, coarsely chopped
- 1-2 medium carrots, cut into 2 inch pieces
- 1 c. mushrooms, whole or chopped into big pieces
- 2 Tbsp olive oil
- 1 quart of chicken, mushroom, or vegetable broth
- ¼ c. cream or milk
- 1 lemon, halved
- Cheese, shredded (optional)

DIRECTIONS

1. Press sauté button on pressure cooker OR heat a large pot over medium heat. Add 2 Tbsp of olive oil and onion, garlic, celery, and carrots. Stir frequently and sauté for 3-5 minutes.
2. Add cauliflower, potatoes, and mushrooms.
3. Squeeze juice out of lemons through a sieve/strainer into the pot. ~ **TIP:** use lemon instead of salt to bring out flavors!
4. Add cream/milk and broth. Set pressure cooker for 5 minutes OR simmer for 45 minutes on the stove.
5. Use an immersion blender OR blender OR food processor to blend the soup until smooth.
6. Season soup to taste with salt and pepper. Serve topped with cheese and a dash of paprika or cayenne, if you like.

● Vegetarian

● Gluten-free

BLACK BEAN TACOS



4-6 SERVINGS

INGREDIENTS

- 2 (15 oz) cans of black or pinto beans, rinsed and drained (or 3 c. of cooked beans)
- 1 onion, diced
- 1 c. greens (such as spinach, kale, arugula) chopped
- 2 Tbsp olive oil
- 4 cloves garlic, minced (or 1 tsp garlic powder)
- 4 tsp cumin
- 4 tsp smoked paprika
- 2 tsp dried oregano
- Flour or corn(GF) tortillas, warmed/pan toasted
- shredded cheese
- Toppings of choice

DIRECTIONS

1. In a small pot on medium heat, add olive oil, onion, and pinch of salt. Sauté onion for 3 minutes, stirring occasionally, until onions become soft and translucent.
2. Add the spinach and garlic. Cook for 2 minutes or until greens are wilted, stirring constantly.
3. Add all spices and cook for 1-2 minutes or until very fragrant.
4. Add beans and enough water to cover beans and bring to a simmer over low heat. Simmer for approximately 15 minutes.
5. Season to taste with salt and pepper. Top a prepared tortilla with warm beans, shredded cheese, and toppings of choice (try apple salsa and microgreens).

● Vegetarian

● Gluten-free



VIVIAN HOWARD'S CREAMED COLLARDS & RICE

5 SERVINGS

INGREDIENTS

- 2 bunches (2-4lbs) collards
- 1 onion, chopped
- 5 garlic cloves, chopped
- ½ tsp red pepper flakes
- 2 bay leaves
- 12 slices bacon, chopped
- ½ lb - 1 lb smoked ham hock (can substitute other smoked meat like turkey)
- 2 c. white rice

DIRECTIONS

1. In a large stockpot, add chopped bacon and cook over medium heat for 10 minutes or until almost crisp, stirring often.
2. Meanwhile, remove collard from the stems by folding them in half lengthwise and tearing the leaf off the stem. Wash and scrub collard leaves really well in a clean sink full of water. Remove and tear leaves into bite-sized pieces.
3. Add the onion, garlic, red pepper flakes, bay leaves, and ham hock to the bacon and sauté until onions soften.
4. Add the torn collard leaves and add water to cover. Bring to a boil and then turn the heat down to medium-low, cover the pot, and simmer until the greens are very tender (1-2 hours).
5. Remove collards from the pot with a slotted spoon or pour them out over a colander over another pot/bowl. Save the cooking liquid (**potlikker**).
6. Measure out roughly 3 cups of potlikker and return to the pan (add water if too little or remove some potlikker and save for soups if too much). Add rice and a pinch of salt then bring to a boil. Reduce heat, and simmer for 15 minutes or until fluffy and cooked.

7. Fold desired amount of collards into the rice and serve warm.

● Gluten-free ● Dairy-free



APPLE SALSA

4-6 SERVINGS

INGREDIENTS

- 3 apples, diced into ½" chunks
- 1 bell pepper, finely diced
- 2 scallions, white & green parts thinly sliced
- 1 lime, juiced
- ¼ c. arugula, chopped
- 1 jalapeño pepper, seeds and ribs removed, very finely diced (optional)

DIRECTIONS

1. Combine all ingredients in a large bowl and mix well.
2. Season to taste with salt.
3. Refrigerate for 15 minutes before eating to let flavors combine.

NOTE: Salsa is best when eaten within 48 hours of preparing. Store in the refrigerator.

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