

MARCH



Swain Macon
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PRODUCE RX PROGRAM
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SOFRITO

Sofrito is the base of many Latin American, Spanish, Mediterranean, Italian, Filipino, and Portuguese dishes. It has many names and variations. To make a Puerto Rican version, you might want to omit the tomato, jalapeño, spices, and cooking and instead blend onions, garlic, ají dulce (a variety of sweet pepper), culantro/recao (an herb distantly related to cilantro).

Use **1-2 Tbsp of sofrito** with as a base to sautés, stews, soups, and salsas. Use it to season meat, beans, vegetables, and rice!

INGREDIENTS ~2 CUPS

- 2 medium-large tomatoes diced
- 2 tsp cumin
- 1 jalapeño seeded, cored, & diced
- 1 tsp paprika
- 1 onion diced (about ½ cup)
- 1 tsp salt
- 3 garlic cloves minced
- 1 dash cinnamon
- 8 sprigs cilantro
- 1 Tbsp olive oil

DIRECTIONS

1. Heat olive oil in a skillet on medium heat. Add the tomatoes, onion, garlic, and jalapeño. Sauté for 3-5 minutes.
2. Add the spices. Tie the sprigs of cilantro with cotton twine (or use a few long stems to gently tie the bunch together) and add.
3. Turn heat to low, cover and simmer for 20-30 minutes. The mixture needs to cook down until it looks thick.
4. Remove the cilantro sprigs. Let mixture cool for about 20 minutes and place in an ice cube tray.
5. When frozen, remove from tray. Store in an airtight bag in the freezer.
6. Use to taste. Start with 1 cube per can of beans, or per cup of rice.

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

CHEDDAR ZUCCHINI BREAD

INGREDIENTS 8 SLICES

- 2 c. all purpose flour
- ¼ c. butter, melted
- 2 Tbsp sugar
- 1 ½ c. sharp cheddar cheese, shredded
- 1 ½ tsp baking powder
- 3 tablespoon chives, chopped
- ½ tsp baking soda
- 1 ½ c. shredded zucchini
- ½ tsp salt
- 1 c. microgreens, chopped (optional)
- 1 c. buttermilk, or 1 c. milk with 1 Tbsp of vinegar or lemon juice
- 1 egg

DIRECTIONS

1. Preheat oven to 350° F.
2. Wrap the shredded zucchini in a flour-sack towel/tea towel or a few layers of paper towels. Twist and squeeze until as much water as possible is out of the zucchini.
3. In a medium sized bowl whisk together the flour, baking powder, baking soda, sugar, and salt.
4. In a separate bowl, whisk together the buttermilk and egg. Once mixed, add the butter the the buttermilk mixture. Whisk until fully combined.
5. Make a well in the middle of the dry ingredients. Add the buttermilk mixture to the well and add the zucchini, chives, and microgreens. Stir gently just until combined. Do not over-mix!
6. Oil/grease a 9" x 5" bread loaf tin or line it with parchment paper and transfer the mixture to the pan.
7. Bake for 1 hour, or until a toothpick comes out clean. Allow to cool for 15 minutes and then remove, slice, and enjoy.

● Vegetarian ~TIP: double the recipe and freeze the extra loaf.



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PICADILLO

4 SERVINGS

INGREDIENTS

- 1 lb ground beef, turkey or unseasoned sausage
- 1/3 c. red bell pepper seeded & chopped
- 2 Tbsp olive oil
- 1/2 c. onion chopped
- 1/3 c. sofrito
- 1-2 c. tomato sauce
- 1/3 c. green bell pepper seeded & chopped
- 1/4 c. olives with pimento sliced

DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat. Sauté the sofrito for 2-3 minutes until slightly brown. Turn down the heat to medium-low.
2. Add in the onion and bell pepper and sauté for 3-5 minutes.
3. Add tomato sauce, sliced olives, and ground beef/meat. Stir until it is evenly mixed and bring heat to medium. Cover pan and stir occasionally until beef is browned and well done and the sauce has thickened.
4. Season to taste with salt and pepper. Serve over rice, in tacos, or in burritos.

● Gluten-free ● Dairy-free

LEMON VINAIGRETTE

1/2 CUP

INGREDIENTS

- ¼ c. fresh lemon juice
- ½ tsp honey, or maple syrup (optional)
- 1 garlic clove, grated
- ¼ to ½ c. olive oil
- 1 tsp mustard
- ½ tsp fresh or dried thyme (optional)
- ¼ tsp salt, more to taste
- Ground black pepper to taste

DIRECTIONS

1. Add the lemon juice, garlic, mustard, honey, salt, and pepper to a small bowl or a jar with a lid. Whisk or shake to combine.
 2. Add in olive oil as you whisk or to your jar and shake hard until emulsified (oil and lemon juice are combined and do not separate when left alone). Add more oil if you like a mellower flavor and less if you like it tangier.
 3. Add the fresh herbs and store in the fridge.
- ~TIP: this vinaigrette is great on salads but also to dress cooked grains, as a marinade for cooked white beans/chickpeas/lentils, or tossed with roasted vegetables.

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