

MARCH

Swain Macon

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



PRODUCE RX PROGRAM

Facebook: Swain-Macon Produce Rx Program

PEANUT BUTTER & JELLY OVERNIGHT OATS

INGREDIENTS 4 SERVINGS

- 1/4 cup creamy peanut butter (ideally unsweetened)
- 1-1/3 cups old-fashioned oats
- 1-1/2 cups milk or non-dairy
- 1/4 cup strawberry jelly milk

DIRECTIONS

1. In a small bowl, whisk peanut butter with a fork as you gradually add milk. Whisk until smooth. Add oats and mix to combine.
2. Refrigerate, covered, overnight.
3. Swirl in strawberry jelly.
4. Enjoy cold or heat up in the microwave or stove-top.
5. Serve with more milk as desired and sprinkle with additional desired toppings.

*Note: oats are usually gluten-free but can often be contaminated with gluten. If needed, make sure to check that your oats were processed in a gluten-free facility

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

CHICKPEA OF THE SEA "TUNA" SALAD SANDWICH

INGREDIENTS 4-6 SERVINGS

- 2 14-ounce cans chickpeas (garbanzo beans), drained and rinsed
- 1/2 tsp garlic powder
- 1 Tbsp chopped fresh dill or 1 tsp dried dill
- juice of 1/2 lemon + some zest if you like
- 1/4 cup pickles, diced small, or relish (optional)
- 1/2 cup of mayo or vegan mayo
- 2 Tbsp mustard (optional)
- 1/4 cup celery (about 2 small stalks, leaves ok too), diced small
- Sliced bread or tortillas (gluten-free if needed)
- 1/4 cup red onion (about 1/2 small), diced small
- Leafy greens
- 1/4 cup red bell pepper, diced small

DIRECTIONS

1. Mash chickpeas with the back of a fork or potato masher, until desired consistency.
2. Add the rest of the ingredients and mix well, adding any extra ingredients you like. Season with salt and pepper.
3. Serve on bread or in a tortilla wrap with leafy greens or in a lettuce wrap.

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SWEET ROASTED ONIONS

~ Onions caramelize without any added sugar if you cook them slowly enough. If they burn, their natural sugars will taste bitter instead ~

4-6 SERVINGS

INGREDIENTS

- 2 pounds Cipollini onions, pearl onions, Vidalia Sweet onions, Strawberry onions, and/or shallots, with ends trimmed and peeled
- 4 Tbsp melted butter or olive oil (vegan)

DIRECTIONS

1. Adjust oven rack to center position and preheat oven to 325°F.
2. Keep smaller onions whole after peeling. Cut larger onions into quarters or even smaller for big chunks of onion that are roughly 2 inches by 1-2 inches.
3. Add butter or olive oil to a large cast iron skillet or other large oven-safe pan/dish. Add onions and toss to coat. Season to taste with salt and pepper.
4. Transfer to oven and roast, tossing occasionally, until deeply caramelized and tender, about 30 minutes. Serve as a side or use for soups, sauces, or dips in place of raw onions for extra delicious caramelized flavor.

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SWEET POTATO & BLACK BEAN SAUTE

~ This simple, versatile dish can be a side to a hearty breakfast or a dinner main over rice or pasta with melted cheese of choice. It can fill a wrap or bulk up a soup. TIP: scale up the recipe and use it all week ~

4 SERVINGS

INGREDIENTS

- 2 tsp extra-virgin olive oil
- 1/4 tsp garlic powder
- 1 small sweet onion, chopped
- 1/4 tsp red pepper flakes (optional)
- 2 medium sweet potatoes, peeled and diced small
- 1/4 cup water or vegetable broth
- 1 tsp chili powder
- 1 (14.5 oz.) can black beans, rinsed and drained
- 1/2 tsp paprika
- 4 cups fresh spinach
- 1/2 tsp ground cumin

DIRECTIONS

1. Heat oil in a large skillet over medium heat. Add the onion and sauté for 3-4 minutes, until softened.
2. Add the sweet potatoes and sauté for 2-3 minutes more, until well mixed. Add the spices and water/broth and stir to combine. Cover the skillet and cook over medium-low for 15 minutes, or until the sweet potatoes are tender.
3. Add the black beans and spinach and stir until combined and the spinach is slightly wilted, about 2 minutes.
4. Serve hot with any desired toppings.

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