

# APRIL



## Swain Macon

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



## PRODUCE RX PROGRAM

Facebook: Swain-Macon Produce Rx Program



## RADISH TOP PESTO PASTA

Asap

Basil is classic to use for pesto, but try a mixing in or just using radish tops, turnip tops, arugula, spinach, kale. Use on pasta, as a vegetable dip, or spread on bread.

4-6 SERVINGS

### INGREDIENTS

- 1 pound pasta, any type
- 1 bunch radishes with greens
- 1 clove garlic, chopped
- ¼ cup walnuts (or use almonds, cashews, or pine nuts)
- ¼ cup freshly grated Parmesan cheese
- 2 Tbsp lemon juice
- ½ cup + 1 Tbsp olive oil, divided
- feta or goat cheese, crumbled (optional)

### DIRECTIONS

1. Cook pasta according to directions. Drain and place in a large bowl.
2. Separate radishes from greens. Wash and dry both. Roughly chop radish greens.
3. Place greens, chopped garlic clove, walnuts, grated Parmesan, and lemon juice in a food processor (or in a plastic container with a flat bottom and high sides and use an immersion blender). Process until a paste is formed. With the motor running slowly add 1/3 cup olive oil. Add more oil, if desired, to reach the desired consistency. Season pesto to taste with salt and pepper.
4. Trim radishes and slice in half. If your radishes are very large, cut into quarters. Heat 1 Tbsp olive oil in a sauté pan over medium-high heat. Add radishes and cook, stirring or tossing occasionally, until softened and starting to brown, about 8 minutes. Season with salt and pepper.
5. Stir together cooked pasta and pesto and portion onto plates or bowls. Top with a spoonful of sautéed radishes and crumbled cheese, if desired.

● Vegetarian

● Dairy-free

## 10 TIPS FOR BETTER BURGERS

THE FOOD

LAB

- J. KENJI LÓPEZ-ALT



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

1. Use freshly ground meat, if you can
  - Ideally from a source you can trust - random store-bought ground meat can vary widely in quality and food safety (important if you like to cook your burgers on the rarer side)
2. Keep everything really cold
  - Until burgers are fully formed, try and keep the meat cold to preserve fat content and structure
3. Don't futz with your meat
  - For the most tender burgers, handle the meat as little as possible and form patties tenderly
  - Avoid adding onions, herbs, eggs, bread crumbs, or anything else that have to be mixed in
4. DO NOT salt ground meat until patties are formed
  - Salt dissolves muscle proteins and dehydrates meat
  - The best time to season burgers is a minute or two before cooking
5. Form matters
  - Try and form all patties to be the same size so they all cook in the same amount of time
  - If you like larger patties, avoid "meatball syndrome" (where your patty will bulge as it cooks and become a meatball) by pressing a dimple in the center
6. Season liberally
  - Season the top surface of a patty with a big pinch of salt and pepper (freshly ground is best)
7. Flip your burger as often as you like
  - One flip with a longer cooking time works, but flipping more often will encourage faster and more even cooking
8. Use a thermometer
  - 120°F (49°C) and below for rare (red/raw in the center)
  - 130°F (54°C) for medium-rare (pink and warm)
  - 140°F (60°C) for medium (totally pink, starting to dry out)
  - 150°F (66°C) for medium-well (grayish-pink, significantly drier)
  - 160°F (71°C) and above for well-done (completely gray, very little moisture)
9. Choose Your Bun Wisely
  - Toasted potato rolls, brioche, or other sturdy but soft buns are best. Avoid overly chewy or crusty bread.
10. Don't let anyone tell you what you should or shouldn't put on it

## BRUSSELS SPROUT CHIFFONADE

This elegant side dish is SO simple and delicious that you just might convert a Brussels sprouts hater or two. Chiffonade (which means "little ribbons" in French) is a technique in which you stack leaves, roll them tightly, then slice the leaves perpendicular to the roll. Brussels sprouts come pre-stacked.

4 SERVINGS

### INGREDIENTS

- 1 lb Brussels sprouts
- 3 Tbsp Butter or olive oil

### DIRECTIONS

1. Cut each Brussels sprout in half on the long side (so the half-sprout stays intact from the core)
2. Lay a Brussels sprout on its flat side and hold it as you use a sharp knife to slice very thin "chiffonades" until you reach the core of the sprout and have thinly sliced the whole sprout. Discard the tiny amount of remaining core.
 

**TIP:** This is the perfect opportunity to practice good knife skills: hold any item you are cutting by curling your four fingers a bit so that your knuckles will protrude into the flat side of the knife as it gets closer. This protects your fingertips even if you chop very fast!
3. Heat a large skillet over medium-high heat. Add butter or oil and wait until shimmering, about 30 seconds, then add Brussels sprouts.
4. Add a generous pinch of salt, and some pepper (if you like). Stir frequently, until Brussels sprouts start to get a little browned on edges, about 7-14 minutes. Taste and season with more salt, if needed. Serve warm.

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

## STRAWBERRY 'SHAKE'

2 SERVINGS

### INGREDIENTS

- 1 ½ cups strawberries, fresh or frozen
- 1 banana in chunks, fresh or frozen
- 1 apple, cored and roughly chopped
- ¼ - ½ cup of milk (non-dairy if you like) or yogurt
- ½ cup ice cubes

### DIRECTIONS

1. Put all ingredients in a blender (or use an immersion blender - see tips below)
2. Start blending on low and increase to high. Blend until smooth.

### TIPS: USING AN IMMERSION BLENDER for smoothies

Super fast and easy clean-up!

- Choose a flat-bottom container that has high sides and is not prone to breaking (such as a plastic pitcher, plastic liquid measuring cup, metal cocktail shaker, or a large plastic cup)
- Use a mix of fresh and frozen fruit/veg OR defrost frozen fruit/veg for 5-10 minutes (or microwave for 30 seconds) if using all frozen
- Do not over fill the container so that you have room to move the blender around without it splashing
- Don't add too much ice at once, smaller cubes are better
- Shift the blender up and down to ensure all is getting blended
- Give your blender a short break every 15 seconds to avoid overheating it

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