

APRIL



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



PRODUCE RX PROGRAM

Facebook: Swain-Macon Produce Rx Program



QUICK PICKLES

INGREDIENTS 1 JAR

- 3 cups fresh cucumbers, thinly sliced
- 1 cup white distilled or apple cider vinegar
- ½ - 1 cup onions, thinly sliced
- 2 Tbsp. sugar, or to taste
- 1 garlic clove, finely chopped (optional)
- 2 tsp. salt, or to taste
- 1 cup water
- 1 tsp. ground black pepper, or to taste

DIRECTIONS

1. Layer cucumbers and onions in a jar with a tight fitting lid until full. Add the garlic on top.
2. Whisk vinegar, water, sugar, salt, and pepper together in a bowl until the sugar and salt dissolve.
3. Pour over the cucumbers/onions until they are completely submerged.
4. Cover tightly with lid and refrigerate. Use up in a week or so.

TIPS

- Reuse the brine a few times by adding more cucumbers and onions to it once emptied.
- Pickles can go bad, especially quick-pickles, so make smaller amounts and use them up regularly.
- Craving a salty snack? Before reaching for the chips, eat a forkful of pickles or some olives.

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

MICROGREEN 'CHIMICHURRI'

Chimichurri is a parsley sauce used for cooking or as a condiment. Like any household staple, it has many iterations, but the parsley version originates from Argentina, Uruguay, and Paraguay. This version uses microgreens; add parsley in for a more classic taste!

INGREDIENTS ~½ CUP

- 2-3 cups mixed microgreens
- 2 garlic cloves, roughly chopped
- OR 1-½ cups parsley leaves
- ½ cup extra virgin olive oil
- 2 Tbsp red wine vinegar
- 2 tsp dried oregano (or 2 Tbsp fresh)
- OR 2 Tbsp lemon juice
- ½ tsp red pepper flakes (optional)

DIRECTIONS

1. Combine microgreens (and/or parsley) and garlic in your blender or a bowl. Blend by 'pulsing' the blender on and off again for about 20 seconds, scraping down sides often, until mixture is finely chopped but **not pureed** smooth.
2. Stir in the olive oil, vinegar/lemon juice, red pepper flakes (if using), and salt and pepper to taste.
3. Let the sauce rest in the fridge for 30 minutes for flavors to meld together. Store in an airtight jar in the fridge for 1-2 weeks.

Using Chimichurri

- Roasted vegetables and potatoes
- Roasted/grilled meats
- Spooned over soup
- Veggie dip
- Salad dressing

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CRANBERRY BEANS & DANDELION GREENS

- Joe Yonan

You can eat every part of this 'weed'! Dandelion greens are a great source of **vitamins, potassium, calcium, and antioxidants**. They are helpful for controlling **blood sugar, blood pressure, inflammation, and cholesterol**.

Harvest tender young leaves from areas that are not sprayed with chemicals or frequented by pets. Wash thoroughly.

INGREDIENTS 4-6 SERVINGS

- 1 cup cranberry (borlotti/cacahuate) beans
- 4 garlic cloves, finely chopped
- ¼ cup olive oil
- **soak overnight** to reduce cooking time
- ¼ tsp crushed red pepper flakes
- 1 bunch of dandelion greens
- 2 Tbsp (GF) miso paste
- OR turnip tops, chard, arugula, or mustard greens
- OR (GF) soy sauce
- 1 fennel bulb, sliced thin
- OR chard stems, sliced thin

DIRECTIONS

1. Rinse and sort (check for small rocks or other impurities) beans. Soak beans (overnight, if possible) in 4 ½ cups of water in a pot.
2. Pressure cook for 7 minutes (27 if unsoaked) **OR** cook on the stovetop over medium-low heat for 40-90 minutes (or longer) until tender.
3. Cut the stems off the greens and thinly slice both the stems and the leaves but keep them separate.
4. In a large saucepan, heat the olive oil over medium heat until shimmering. Add the stems, onion, garlic, and a pinch of salt. Cook, stirring occasionally, until very soft (about 10 minutes).
5. Add the leaves and red pepper flakes and sauté until wilted.
6. Add the cooked beans and 1 ½ cups of their cooking liquid. Reduce heat to low and simmer for 10 minutes.
7. Remove some warm liquid from the pan in a cup and whisk the miso paste into it. Add back to the pan and stir. **OR** stir soy sauce into the mixture.
8. Season to taste with salt and pepper.
9. Serve topped with chopped fennel and the fennel fronds (green leaves) **OR** chard stems and microgreens (optional).
10. Serve on toast or with rice/grains.

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