

JUNE



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



PRODUCE RX PROGRAM

Facebook: Swain-Macon Produce Rx Program



15 MINUTE PAD KRAPOW GAI (THAI BASIL CHICKEN)

Adapted from **Cooking**

INGREDIENTS 2-4 SERVINGS

- 3 Tbsp oil
- 1 pound ground chicken or other ground meat
- 2 cloves garlic, minced
- 1 fresh chile, minced
- 1 1/2 green beans, trimmed and cut into 1/2-inch pieces
 - OR bell peppers, sliced into 1/4-inch pieces
- 2 tsp sugar
- 3 Tbsp soy sauce or Thai seasoning such as Golden Mountain (ensure GF if needed)
- 2 Tbsp fish or oyster sauce (ensure GF if needed)
- 1 cup loosely packed basil leaves (preferably Thai basil or holy basil)
- Cooked rice, for serving
- 4 fried eggs (optional)

DIRECTIONS

1. Heat a wok or large nonstick skillet over medium-high, then swirl in the oil. Once the oil is shimmering, add the ground chicken or meat and cook, actively breaking it up into small pieces, until it is mostly cooked, about 6 minutes.
2. Stir in the garlic, sugar and chile until evenly distributed and fragrant, about 2 minutes, then add the green beans/bell pepper, sauces, and seasonings, and cook, stirring constantly, until the chicken is fully cooked, the green beans/bell pepper are crisp-tender and the krapow is glossy, about 2 minutes.
3. Remove from heat, add the basil and a dash of white or black pepper and toss to combine. If the sauce seems to cling too tightly to the mixture, add 1 to 2 tablespoons of water to make it loose and glossy.
4. Serve over rice, and top with a crispy fried egg and microgreens, if desired. Serve with additional Thai seasoning to taste.

● Gluten-free ● Dairy-free

PERFECT HARD-BOILED EGGS

THE FOOD LAB
J. KENJI LÓPEZ-ALT

Perfectly cooked and easier to peel!

INGREDIENTS 3-6 SERVINGS

- 12 ice cubes
- 6 large eggs

DIRECTIONS

1. Bring 2 quarts of water to a rolling or full boil.
2. Add eggs, lowering them gently with a spoon. Cook for 30 seconds.
3. Add 12 regular-sized ice cubes (or equivalent in size) to the water. Bring to a boil once more.
4. Reduce to a very low simmer for 11 minutes.

● Vegetarian ● Gluten-free ● Dairy-free



PANZANELLA

4 SERVINGS

INGREDIENTS

- Summer squash or winter squash, peeled if necessary and cut into 3/4-inch cubes
- 1 loaf crusty bread (this is a great use of stale bread), cut into 1-inch cubes
- 1/4 cup seeds (such as pepitas/pumpkin seeds or sunflower seeds)
- 1/2 cup olive oil, divided as described in directions
- 4 tsp balsamic vinegar
- 2 tsp maple syrup or honey
- 1 tsp mustard
- 1 large bunch kale or chard, ribs removed and chopped into bite-sized pieces
- 3/4 cup grated hard white cheese (such as Pecorino or Parmesan)
- 1/2 cup dried cranberries
- 1 small sweet onion or shallot, peeled, cut in half, and sliced into paper thin half-moons

DIRECTIONS

1. Preheat oven to 420°F with the racks in the upper third and lower third of the oven. Line two rimmed baking sheets with parchment paper or oil them.
2. In a large mixing bowl, toss the squash cubes with 1-2 Tbsp olive oil and a pinch each of salt and pepper. Arrange the squash in a single layer on the baking sheet and roast on the lower oven rack until tender (about 15 minutes for summer squash and 40 for winter squash). Stir the squash around halfway through cooking time.
3. In the mixing bowl, now toss the bread cubes and seeds with 2 Tbsp olive oil and a pinch of salt. Add to the other baking sheet in a single layer. Roast on the upper rack for 10 minutes, or until the edges are golden.
4. Make a balsamic vinaigrette by whisking together 1/4 cup of olive oil, balsamic vinegar, maple syrup/honey, mustard, and salt and pepper to taste until it is fully emulsified or incorporated together.
5. In the mixing bowl again, add the kale and a small pinch of salt. Massage handfuls of kale with your hands until the leaves are darker in color and softer, about 30 seconds.
6. Assemble: add grated cheese, cranberries, and onion to the kale and mix. Add enough vinaigrette to dress the mixture to your liking. Fold in the squash and crusty bread cubes and add more vinaigrette if needed. Serve warm.

TIPS:

- Protein-boost this recipe with warm white beans/lima beans or sliced sausage mixed in.
- Add or sub in roasted tomatoes and basil to this
- Top with chopped fresh basil and microgreens

● Vegetarian ● Vegan ● Dairy-free



https://mountainwise.org/producerx/

