

JUNE



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



PRODUCE RX PROGRAM

Facebook: Swain-Macon Produce Rx Program



# ROASTED NEW POTATOES & AIOLI

INGREDIENTS 6+ SERVINGS

- 3 lbs tiny new potatoes, unpeeled
- 3 Tbsp olive oil
- 1 large bulb of garlic, unpeeled
- Aioli**
- 3 Tbsp lemon juice
- 2 egg yolks
- ¼ cup olive oil
- 3 Tbsp parsley, chopped

## DIRECTIONS

- Preheat oven to 350 °F.
- Toss potatoes in a baking dish with 3 Tbsp olive oil. Wrap the bulb of garlic in 2 layers of aluminum foil and add to dish. Bake for ~45 minutes or until fork tender, turning potatoes once halfway through.
- Carefully remove garlic cloves from the head once cool enough.
- Blend, food process, or immersion blend the garlic, lemon juice, egg yolks, and a pinch of salt until smooth. While motor is running, slowly pour in the olive oil and blend until smooth and thick. Stir in chopped parsley leaves.
- Serve potatoes warm topped with aioli, salt, and pepper.

- Vegetarian
- Gluten-free
- Dairy-free

# PORK SIDEMEAT STRIPS

Sidemeat (also called streaked meat or streak 'o lean) is pork belly and is often sliced like bacon. It is sometimes not already cured with salt, sugar, smoke, nitrates or additives.

Sidemeat tastes like a crispy pork chop (not like bacon).

INGREDIENTS 4-6 SERVINGS

- ½ - 1 lb of pork sidemeat
- Seasoning salt such as Lawry's or steak spices
- Ground black pepper

## DIRECTIONS

**If your sidemeat is already cured with seasoning, omit the seasoning and cook in the same way.**

- Place slices of sidemeat in a single layer in a large, heavy pan such as a cast iron skillet. You may have to do 2 batches, depending on how thick the slices are.
- Season the top of the meat evenly with ¾ tsp black pepper and ¾ tsp seasoning salt.
- Cook on medium heat for 7-10 minutes (less if thinner slices, longer if thicker slices) until the bottom of the pork is crispy and brown.
- Flip the slices and evenly sprinkle another ¾ tsp black pepper and ¾ tsp seasoning salt over the top of the meat. Cook for 2 more minutes then remove some of the drippings. Save this fat for cooking eggs or vegetables with, if you'd like! Cook for another 2-6 minutes, until it is brown and crispy, all over.
- Remove to a paper towel lined plate. Serve hot.

- Gluten-free
- Dairy-free



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# SOUTHERN YELLOW EYE BEANS

These spotted heirloom beans are often called peas because they look like black-eyed peas. New Englanders use them for baked beans but Southerners might prefer to cook them with sidemeat in a broth.

8 SERVINGS

## INGREDIENTS

- 1 lb yellow eye beans/peas
- 8 cups water or broth
- ½ strip of sidemeat
- 1 stick (8 Tbsp) of butter
- OR 2 strips of bacon

## DIRECTIONS

- Sift through beans with your hands in a large bowl to look for small rocks or other debris.
- Rinse the beans in a colander until the water runs clear.
- Soak the beans **OVERNIGHT** or for at least 6 hours. This improves the digestibility and nutrition of the beans and makes the cooking time much faster. Drain and rinse.
- Add to a dutch oven, large pot, or pressure cooker/ instant pot and cover with 8 cups of water.
- Bring to a boil over medium high heat. Then add, butter, sidemeat, ½ tsp salt, and black pepper to taste. Reduce to a simmer (with the lid mostly on but leaving a crack for steam to escape) for 2 ½ - 3 hours, stirring frequently.  
**OR** add butter, sidemeat, ½ tsp salt, and black pepper and set your pressure cooker to cook for 7 minutes at high pressure). Beans are ready when soft.
- Season to taste with more salt and pepper. Serve warm with chowchow, pickles, cornbread, or whatever you fancy!



- Gluten-free