

JUNE



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



PRODUCE RX PROGRAM

Facebook: Swain-Macon Produce Rx Program



# DOUBLE SAUCE RICE NOODLE BOWL



4-6 SERVINGS

## INGREDIENTS

### MARINATED SHRIMP OR TOFU (Optional):

- 1 lb uncooked shrimp
  - OR 1 block extra firm tofu, sliced in strips
- 2 Tbsp soy sauce (GF if needed)
- 1 Tbsp honey (not vegan) or agave
- 1 tsp sesame oil

### BOWL FILLING:

- 16 oz package of thin rice vermicelli noodles
- 1 large bell pepper, thinly sliced
- 1 bunch green onions, cut in long, thin strips
- ¼ small purple cabbage, finely shredded
- Microgreens (optional)

### PEANUT SAUCE:

- 1 clove garlic, minced
- 2 Tbsp soy sauce (GF if needed)
- 1 Tbsp honey (not vegan) or agave
- 1 Tbsp chili paste
- ½ cup peanut butter
- ½ tsp sesame oil
- Splash rice vinegar

### SWEET & SOUR SAUCE:

- 1 clove garlic, minced
- 2 carrots, shredded or julienned
- ½ cup rice vinegar
- 1 Tbsp chili paste or sriracha
- 1 Tbsp honey (not vegan) or agave
- 1 tsp sesame oil

## DIRECTIONS

1. Whisk marinade in a small bowl and marinate shrimp or tofu for 15 minutes or more.
2. Make noodles in unsalted water according to manufacturer's directions. Strain and rinse under cold water. Let cool and toss with a small amount of sesame oil or a neutral oil.
3. In a skillet over medium heat, add a drizzle of oil to coat the bottom of the pan and sauté shrimp/tofu in a single layer until cooked through and browned, about 2-3 minutes. Transfer to a plate, and pop in the fridge to chill.
4. Make peanut sauce and sweet and sour sauce while shrimp/tofu is chilling by combining all ingredients for each and whisk until combined. For the peanut sauce, add small splashes of water and whisk until you've reached the desired consistency. Season to taste with salt.
5. Assemble bowls with noodles on the bottom of a bowl. Drizzle lots of each/either sauce over the top of the noodles. Add veggies all around around in a colorful rainbow. Then add shrimp or tofu. Enjoy cold on a hot day!

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

# GRILLED CHICKEN & CORN PESTO PASTA SALAD

-Rose James

6 SERVINGS

## INGREDIENTS

### Corn pasta salad

- 8 oz orecchiette pasta or other short pasta
- 2 cooked grilled chicken breasts
- 1 cup corn kernels (about 2 ears of corn on the cob), cooked
- 1 red bell pepper, diced
- 4 slices bacon, cooked and sliced
- Fresh cilantro or microgreens, chopped

### Salad dressing

- ½ cup basil pesto, store-bought or homemade
- 3 Tbsp Greek yogurt
- 2 Tbsp mayonnaise
- 2 Tbsp lime or lemon juice, freshly squeezed



## DIRECTIONS

1. **Cook pasta:** Bring a pot of water to boil. Add pasta and cook according to package instructions. Drain.
2. **Make salad dressing:** In a mason jar, whisk together basil pesto with Greek yogurt, mayonnaise, and freshly squeezed lime juice. If your dressing is too thick, you can thin it out by adding more Greek yogurt, small amounts of water, and/or extra lime juice (or lemon juice).
3. **Assembly:** In a large bowl, combine cooked and drained pasta, cooked corn kernels, diced bell pepper, diced grilled chicken, and chopped cooked bacon. Season to taste with salt and pepper. Mix to combine. Distribute into individual salad bowls. Top with the salad dressing. Sprinkle the chopped fresh cilantro (or microgreens) on top.



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# PARMESAN KALE CHIPS

"My picky 7 year old ate the whole bowl before I could even have any!" -Jessica

(Recipe contributed by current program participant)

1-4 SERVINGS

## INGREDIENTS

- 1 bunch of kale
- 1 Tbsp olive oil
- ½ tsp garlic powder
- 1-2 Tbsp grated Parmesan cheese
- OR nutritional yeast flakes for dairy-free + vegan option

## DIRECTIONS

1. Preheat oven to 275 °F.
2. Rinse kale and spin in a salad spinner or pat dry with clean cloths or paper towels. Make sure it is **completely dry for crispy chips!**
3. Remove the kale stems and chop or tear into bite-sized pieces into a large bowl.
4. In a small bowl or cup, mix olive oil, garlic powder, and ¼ tsp of salt.
5. Drizzle olive oil mixture over the kale and toss and mix with your hands to thoroughly combine. Cheese (or nutritional yeast) can be tossed in at this point, or you can wait until the end.
6. Spread the kale over 2 large baking sheets in a single layer, ensuring that the kale pieces don't touch or overlap too much for maximum crispiness. Bake for 20 minutes. Turn the pans around and gently stir or shake the kale chips around. Bake for 10-20 minutes longer, or until the kale is crispy and very slightly golden brown, especially around the edges. **Watch carefully, as it can burn easily!** You can remove crispier pieces early if you need to give other pieces more time.
7. Remove from oven and let cool slightly. The chips will crisp up even more once out of the oven. Enjoy fresh and warm!

- Vegetarian ● Gluten-free

# STRAWBERRY SPRITZERS

-Rose James

4-6 SERVINGS

## INGREDIENTS

- 2 cups strawberries, fresh or frozen, chopped
- 1 cup sugar
- 4 fresh strawberries for garnish
- 1 Tbsp lemon juice
- 1 liter sparkling water (unflavored or flavor of choice)
- ½ cup fresh mint or basil leaves (optional)

## DIRECTIONS

1. Make **strawberry simple syrup:** Add 2 cups strawberries to a medium pot and bring to a boil over medium heat. Simmer about 20 minutes or until strawberries are soft. Remove from heat and let cool completely. Strain the mix through a fine mesh strainer or sieve, squeezing excess juice from the pulp. Store in an airtight jar in the fridge for up to 2 weeks or freeze.
2. Mix **spritzers:** If using fresh mint or basil (or any other fresh herbs), muddle them to release flavor by crushing them a bit with a blunt object or in your fist before adding them to glasses with ice. Pour sparkling water over ice, filling almost all of the glass. Add strawberry simple syrup to taste. Garnish with fresh herbs and sliced strawberries.



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